



Daily Nutrition Log

Name _____ # _____

Parent Signature: _____

Meal	Food	MP	BC	F	V	MD	FS
Breakfast							
Lunch							
Dinner							
Snacks							
Total Servings →							

MP = Meat/Protein BC = Bread/Cereal F = Fruit V = Vegetable MD = Milk/Dairy FS = Fats/Sugars

Nutrition Log Evaluation

Look at your totals in each of the six food groups. Compare them to the recommended servings given below. Tell whether you need to eat more of some food groups or less of others. Perhaps you have a balanced diet and have just the right amount in all categories. If so, name each food group and describe how you meet the guidelines.

Recommended Daily Servings

Milk/Dairy 2 to 3
Fruits 2 to 4

Meat/Protein 2 to 3
Vegetables 3 to 5

Bread/Cereal 6 to 11
Fats/Sweets Use sparingly
