





































Food Record

Circle the number of servings you had from each group today.
To estimate your daily calories turn sheet over.

<p>GRAINS (Be sure to make half of your grains 'whole')</p>     	<p>VEGETABLES</p>     	<p>FRUITS</p>     	<p>MILK</p>     	<p>MEATS/BEANS</p>     	<p>OILS</p>   	<p>WATER</p>        						
<p><u>Grains</u> Daily total <input type="text"/> x 80 =</p>		<p><u>Vegetables</u> Daily total <input type="text"/> x 25 =</p>		<p><u>Fruit</u> Daily total <input type="text"/> x 60 =</p>		<p><u>Milk</u> Daily total <input type="text"/> x 90 =</p>		<p><u>Meats/Beans</u> Daily total <input type="text"/> x 55 =</p>		<p><u>Oils</u> Daily total <input type="text"/> x 45 =</p>		<p>Total Calories = <input type="text"/></p>

Calorie Counter

Grains
Daily total x 80 = Calories

Vegetables
Daily total x 25 = Calories

Fruit
Daily total x 60 = Calories

Milk
Daily total x 90 = Calories

Meats/Beans
Daily total x 55 = Calories

Oils
Daily total x 45 = Calories

Total Calories =

To assess your total calories for your weight goals follow these helpful tips:

- to gain weight add 250 calories per day
- To lose weight reduce by 250 calories per day
- To Maintain weight, stick to what you are doing