



DATE \_\_\_\_\_

## Sisters Together

## DAILY FOOD DIARY

FOOD	AMOUNT (serving size)	SODIUM (mg)	GRAINS	VEGETABLES	FRUITS	MILK PRODUCTS	MEATS, FISH AND POULTRY	NUTS, SEEDS AND LEGUMES	FATS AND OILS	SWEETS AND ADDED SUGARS
NUMBER OF SERVINGS BY FOOD GROUP										
BREAKFAST										
LUNCH										
DINNER										
SNACKS										
<b>TOTALS</b>										
NOTES:										

\*Refer to the *Dietary Guidelines for Americans 2005* insert to determine what serving sizes are right for you. Additional information on the *2005 Dietary Guidelines for Americans* can be found at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines).