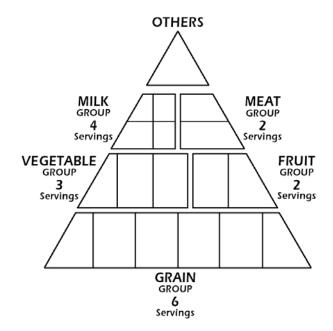
Food Diary Date:

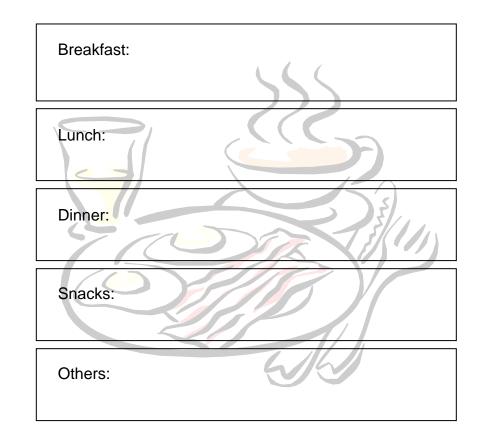
Write down the foods you eat today. Color in the appropriate spaces on the food pyramid. Write down the foods you eat that belong in the "Others" category and keep a list near the space at the top of the chart. Count composite foods in each category. For example, a ham and Swiss cheese sandwich with mayonnaise, lettuce, and tomato would count as: 1 meat serving, 1 dairy serving, 2 bread servings, 1 vegetable serving, and 1 "Others" serving.



Answer these questions:

- Did you get all the proper servings from each food group?
- Is your pyramid completely colored in?
- How many of the 17 serving spaces in the pyramid are still blank?
- How many servings of "Others" foods did you have?

Chart from Nutrition Explorations www.nutritionexplorations.org*



Copyright © 2010 Intel Corporation. All rights reserved. Adapted with permission. Intel, the Intel logo and the Intel Education Initiative are trademarks of Intel Corporation or its subsidiaries in the U.S. and other countries. *Other names and brands may be claimed as the property of others.