

Food Journal with Food Groups	
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**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Calorie Target for today:** \_\_\_\_\_

[illegible]

Key foods	
Food group	Portions
Non-starchy vegetables	_____ [ _____ ]
Fruits	_____
Whole grains	_____ [ _____ ]
Protein group	_____
Calcium-rich foods	_____