

# My Servings Tracker

My recommended calorie level is:

1,800 calories                      2,000 calories                      2,200 calories                      2,400 calories

Food Group	My recommended servings	Servings I’ve eaten	Servings left
Grains (in ounces)			
Vegetables (in ½ cups)			
Fruits (in ½ cups)			
Dairy (in 1 cup)			
Meat and beans (in ounces)			
Extra calories (in 50 calorie Increments)			