

My Pocket Food Diary

Name _____
Date _____

Milk, Yogurt, Cheese Group

	TOTAL			
Breakfast				
Lunch				
Dinner				
Snack				
Daily TOTAL				

Vegetable Group

	TOTAL			
Breakfast				
Lunch				
Dinner				
Snack				
Daily TOTAL				

Bread, Cereal, Rice and Pasta Group

	TOTAL			
Breakfast				
Lunch				
Dinner				
Snack				
Daily TOTAL				

Meat, Chicken, Turkey, Fish, Beans, Eggs and Nuts Group

	TOTAL			
Breakfast				
Lunch				
Dinner				
Snack				
Daily TOTAL				

Fruit Group

	TOTAL			
Breakfast				
Lunch				
Dinner				
Snack				
Daily TOTAL				

Fat, Oils and Sweets Group

	TOTAL			
Breakfast				
Lunch				
Dinner				
Snack				
Daily TOTAL				



Punch out this food diary and fold on the solid lines. Keep it in your pocket and record what you eat in one day.

How did you match up to the pyramid? Watching what you eat and exercising can help your body be healthy and strong!
Keep up the good work!

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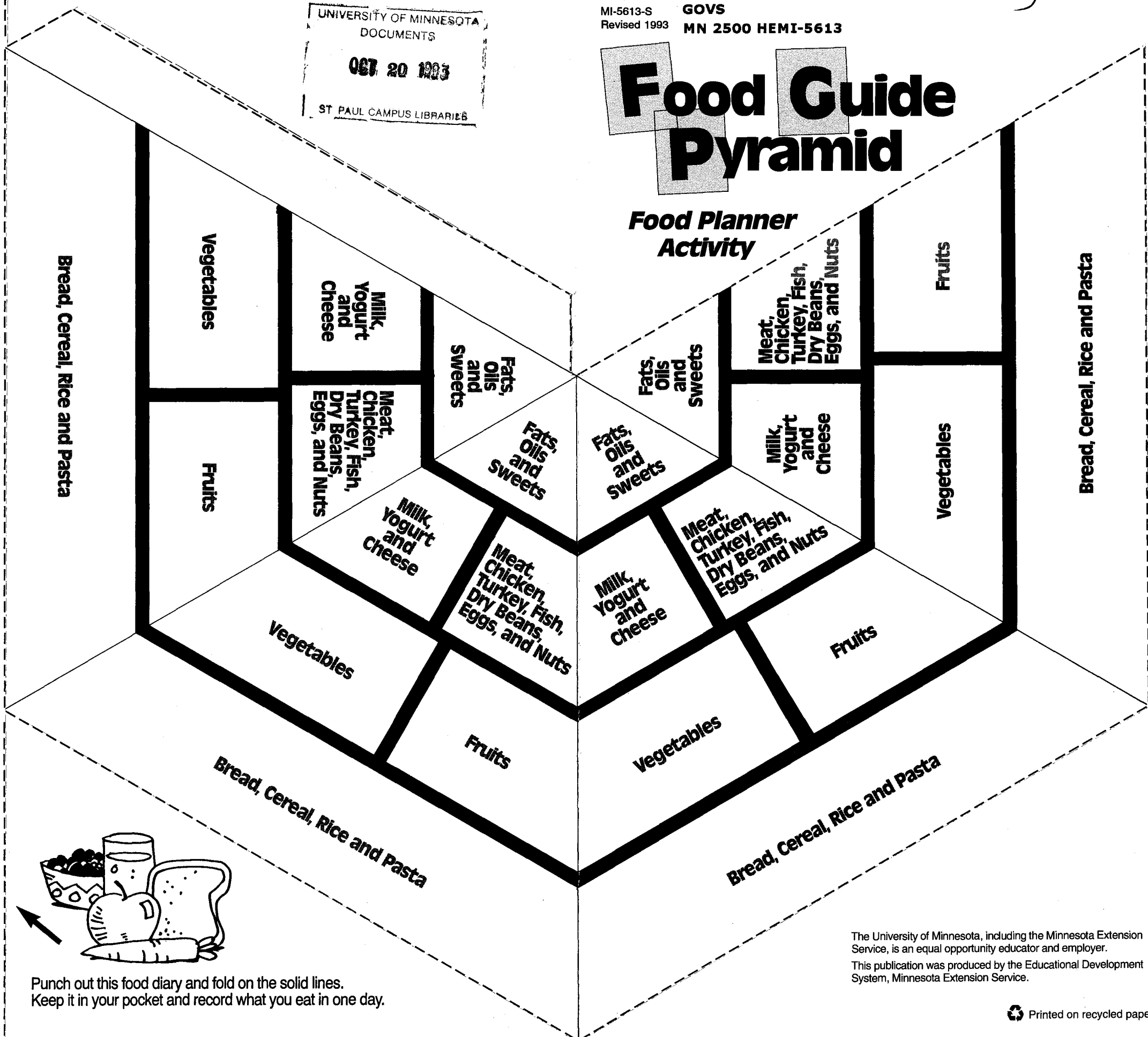
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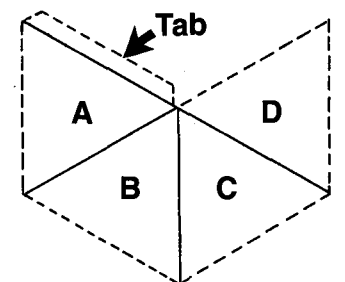
Food Guide Pyramid

Food Planner Activity

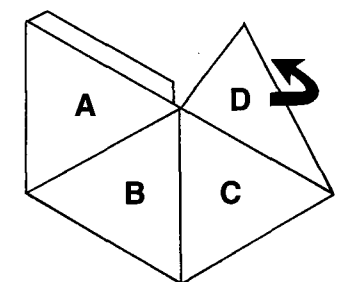


Food Pyramid Assembly Instructions

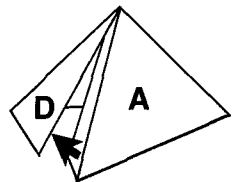
1. Punch out shape along dotted lines.



2. Fold down and crease tab and triangle shaped panels along solid lines.



3. Tape or glue tab to underside of panel D.



4. Place food stickers, pictures, words or drawings in the right food group.

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