



Daily Food Diary



This tool is intended to help you to keep track of what you eat each day, and to guide you toward making smart food choices based on the latest nutritional information. This tool is based on guidelines from the U.S. Department of Agriculture. To learn more, visit <https://www.choosemyplate.gov/>

Note: Individual recommended daily caloric intakes vary based on individual factors. To view the guidelines from the U.S. Department of Agriculture and calculate your own target calorie count, visit:

<https://www.choosemyplate.gov/online-tools>

For more information:

- University of Michigan Depression Center
- 1-800-475-MICH or 734-936-4400
- <http://www.depressioncenter.org/toolkit>

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Date: _____

List all the foods you chose today:	
Time	Food
How did you do today? <input type="checkbox"/> Great <input type="checkbox"/> So-So <input type="checkbox"/> Not so Great	

Food group	Daily goal (based on 2,000 calories/day*)	From your list at left, place each food choice into its food group	Estimate your total for the day
Grains <i>Make at least half of your grains whole grains</i>	6 ounce equivalents (1 ounce equivalent = 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)		ounce equivalents
Vegetables <i>Eat a mix of different colored vegetables daily</i>	2 ½ cups		cups
Fruits <i>Choose fruit instead of juice whenever possible</i>	2 cups		cups
Milk <i>Choose fat-free or low-fat most often</i>	3 cups (1 ½ ounces of cheese = 1 cup milk)		cups
Meat & beans <i>Choose lean meat and poultry, and eat a variety including fish, beans, nuts, and seeds</i>	5 ½ ounce equivalents (1 ounce equivalent = 1 ounce meat, poultry or fish, 1 egg, 1T peanut butter)		ounce equivalents
Thoughts about today: _____			
My food goal for tomorrow is: _____			