Food Record

Client: _		Date:		
Direction Write dov	wn as acc	urately as possible what you eat and drink and how	w much you eat and	
Serving S	Size Guide	e:		
Grains Vegetable Fruit Dairy Meat	e 1 cu 1 ap 1 cu 2 to	ice of bread ½ cup rice, pasta, or cooked cereal up raw leafy greens or ½ cup cooked vegetables ople or ½ cup raw, canned, or cooked fruits up milk or 1 ½ ounces cheese 3 ounces cooked meat (about the size of a deck of a g, or ½ cup legumes	f cards),	
Date	Time	What did you eat / drink?	How many servings?	
	8			

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		8	