 **Nutrition Talley**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Name: | Age: | Height: | Weight: | Date: |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Grains  Goal:6-12 servings/day |  |  |  |  |  |  |
| Vegetables  Goal:3-5 servings/day |  |  |  |  |  |  |
| Fruits  Goal:2-4 servings/day |  |  |  |  |  |  |
| Oils  Goal: <2 servings/day |  |  |  |  |  |  |
| Milk/Dairy  Goal:2-3 servings/day |  |  |  |  |  |  |
| Meats/Beans  Goal:2-3 servings/day |  |  |  |  |  |  |
| Total Tallies |  |  |  |  |  |  |

Each tally represents a serving.