



Nutrition Tracker

We eat for different reasons – for nutrition, to satisfy hunger, for emotional reasons, and to relieve stress. Sometimes, we might not pay close attention to what we are eating and how the foods we eat impact our bodies.

One helpful way to keep track of these things is to write them down. You can use this tracker to take notes about the types of foods you eat and how they affect your body and wellbeing. Consider making copies to track the multiple foods you eat each day or take notes in a food journal.

Main categories of foods:

Vegetables: *Try eating a variety of vegetables each day.*

Fruits: *Include various types of whole fruits in your diet.*

Dairy and Protein: *Have several servings of foods that provide protein from either meat or non-meat sources.*

Grains: *Try to eat whole grains that are less refined, such as brown rice and oats.*

Food I ate:

Category (Circle all that apply):

Vegetables

Fruits

Dairy/Protein

Grains

Daily serving number:

Vegetables

Fruits

Dairy/Protein

Grains

Meal:

Breakfast

Lunch

Dinner

Snack

How I felt during and after eating this food:
