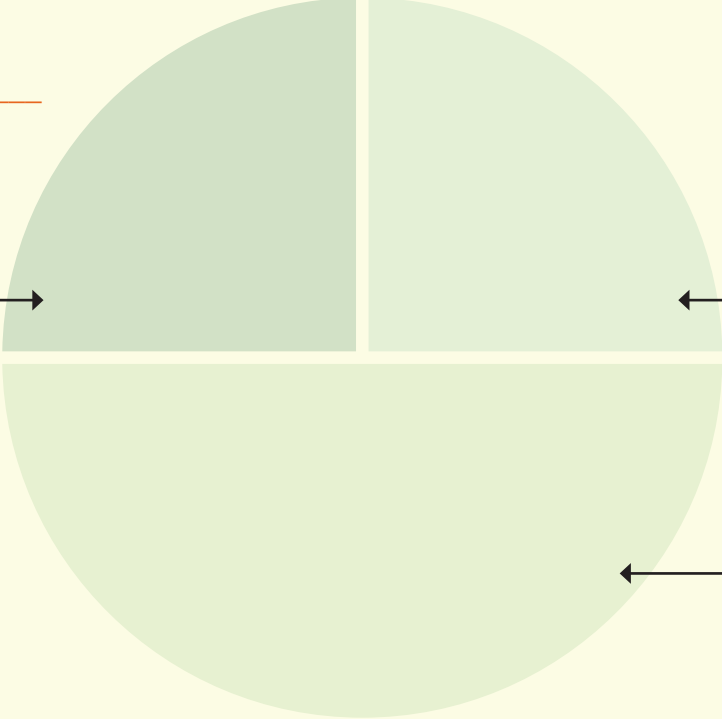


Healthy Plate Food Log _____

Track by Healthy Plate

Breakfast
Hunger Rating: ____



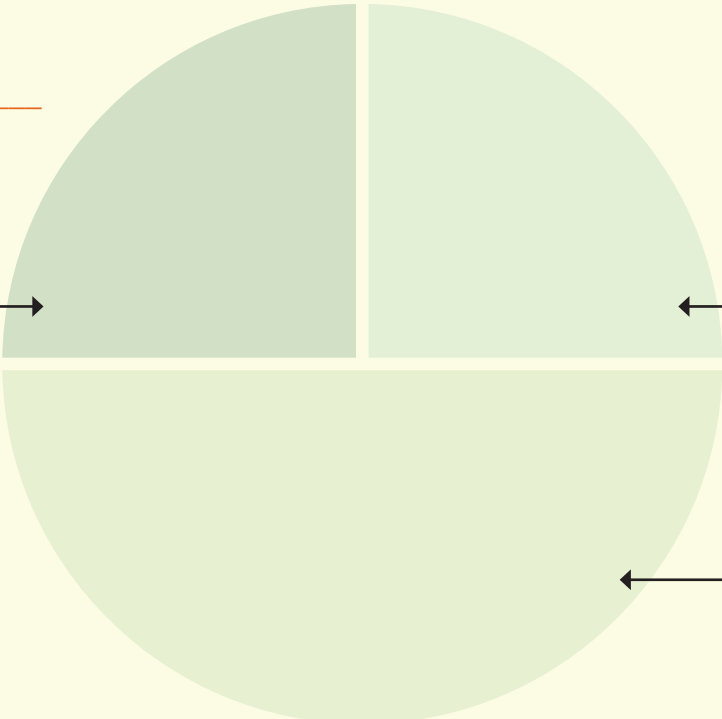
The diagram is a circle divided into three equal sections. The top-left section is shaded a darker green, the top-right section is a medium green, and the bottom section is a lighter green. Arrows point from text labels to each section.

Write down your **Healthy Protein** here

Write down your **Healthy Grain or Starch** here

Write down your **Nonstarchy Vegetables** here

Lunch
Hunger Rating: ____



The diagram is a circle divided into three equal sections. The top-left section is shaded a darker green, the top-right section is a medium green, and the bottom section is a lighter green. Arrows point from text labels to each section.

Write down your **Healthy Protein** here

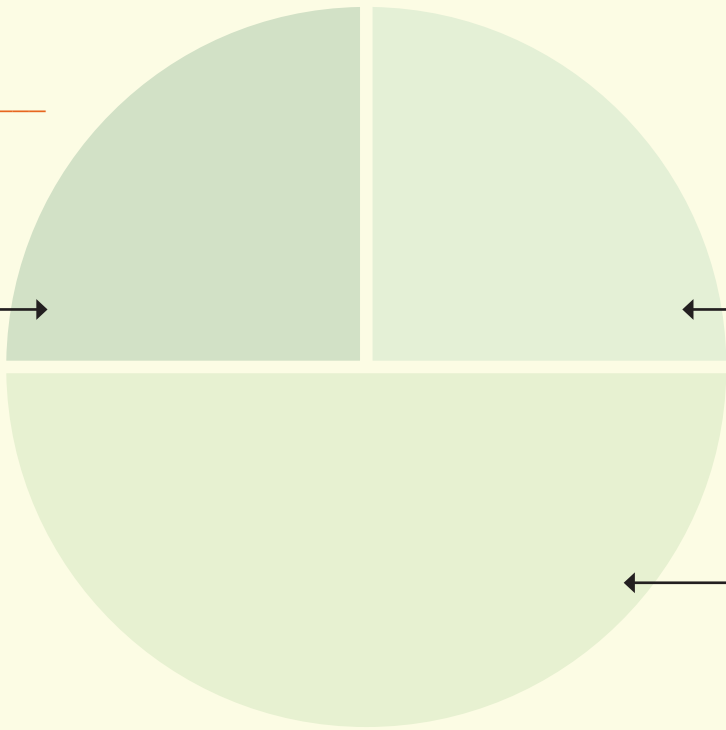
Write down your **Healthy Grain or Starch** here

Write down your **Nonstarchy Vegetables** here

Dinner

Hunger Rating: ____

Write down your **Healthy Protein** here



Write down your **Healthy Grain or Starch** here

Write down your **Nonstarchy Vegetables** here

Milk, yogurt, dairy alternatives	
Fruit	
Water (8 ounces)	Eight glasses of water icons, each containing a blue square.
Snacks/Other	
Physical Activity/Exercise	