

# Servings Food Log

## Track by Servings

Number of Servings	Check 1 box per serving	Healthy Tips
<b>Vegetables</b> <i>5 or more servings a day</i> 1 serving = <ul style="list-style-type: none"> <li>• ½ cup cooked</li> <li>• 1 cup raw</li> </ul>	How many servings did you eat today? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Add a tossed salad to your lunch, and fill half your plate with vegetables at dinner to help you eat enough vegetables.</li> <li>• Baby carrots and grape tomatoes make great snacks!</li> </ul>
<b>Fruits</b> <i>2–3 servings a day</i> 1 serving = <ul style="list-style-type: none"> <li>• 1 small piece</li> <li>• ½ cup cut up</li> <li>• 2 tablespoons dried</li> </ul>	How many servings did you eat today? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• To eat your daily fruit servings, have a piece of fruit at breakfast and add one or two more during the day for snacks.</li> <li>• Try a different fruit every few days!</li> </ul>
<b>Whole Grains/Starchy Vegetables</b> <i>6 servings a day</i> 1 serving = <ul style="list-style-type: none"> <li>• ½ cup cooked whole-grain pasta, cereal, or brown rice</li> <li>• ½ cup potato</li> </ul>	How many servings did you eat today? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Choose more whole wheat, oats, barley, brown rice, and quinoa.</li> <li>• Choose cereals with less than 10 grams of sugar per serving.</li> </ul>
<b>Protein, Legumes/Beans, &amp; Nuts</b> <i>5–6 servings a day</i> 1 serving = <ul style="list-style-type: none"> <li>• ½ cup beans or legumes</li> <li>• ¼ cup nuts</li> <li>• 1 ounce lean meat/fish</li> <li>• 1 egg or 2 egg whites</li> <li>• 1 ounce reduced-fat hard cheese</li> </ul>	How many servings did you eat today? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Include a serving of beans or nuts daily.</li> <li>• Choose plant proteins more often: beans, peas, lentils, nuts, seeds, and soy products (tofu, soy milk).</li> <li>• Choose fish (preferably wild), shellfish, or skinless chicken or turkey.</li> <li>• Use healthier cooking methods: broil, grill, steam, or sauté in a small amount of healthy oil (olive or canola).</li> </ul>
<b>Low-Fat Milk/Dairy</b> <i>2–3 servings a day</i> 1 serving = <ul style="list-style-type: none"> <li>• 1 cup milk or nondairy option, like soy milk</li> <li>• 6 ounces yogurt</li> </ul>	How many servings did you eat today? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Choose fat-free or 1% dairy products.</li> </ul>
<b>Fats</b> <i>4 servings a day</i> 1 serving = <ul style="list-style-type: none"> <li>• 1 teaspoon oil</li> <li>• 1½ teaspoons of nut butters (almond, peanut)</li> <li>• ⅛ avocado (2 tablespoons)</li> </ul>	How many servings did you eat today? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<ul style="list-style-type: none"> <li>• Choose foods rich in healthy fats, such as fish, walnuts, olive oil, and flaxseeds.</li> <li>• Limit saturated and avoid trans fats (partially hydrogenated), such as fats found in fatty meats, whole-fat milk, cream, butter, margarine, and processed baked and snack foods.</li> </ul>
<b>Water</b> <i>8 servings a day</i> 1 serving = <ul style="list-style-type: none"> <li>• 8 ounces</li> </ul>	How many servings did you have today? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
<b>Other:</b>		