

List everything you eat and drink in one day. Be sure to include the amounts.

FOOD RECORD

FOODS (INCLUDE THE AMOUNTS EATEN)		Milk & Milk Products	Fruits	Vegetables	Grains, Breads & Cereals	Meat, Beans & Nuts	extras
BEFORE SCHOOL							
	BEVERAGE						
AT SCHOOL							
	BEVERAGE						
AFTER SCHOOL							
	BEVERAGE						
DINNER							
	BEVERAGE						
(TOTAL AMOUNTS)							
Daily Recommended Number of Servings		3	2	3	6	2	

For each glass of water consumed, check a box: