

# Healthy Plate Food Log

Track by Healthy Plate

## BREAKFAST

Hunger Rating: \_\_\_\_

### Healthy Protein

Write down what you ate:

### Whole Grains

### Starchy Vegetables

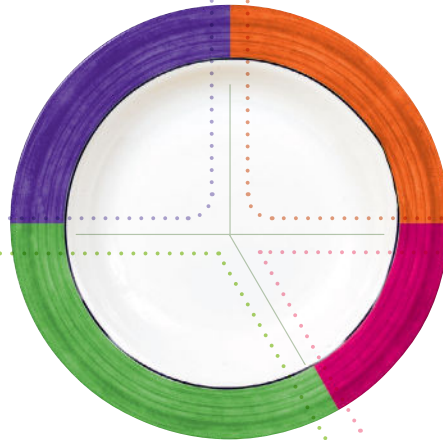
Write down what you ate:

### Nonstarchy Vegetables

Write down what you ate:

### Fruits

Write down what you ate:



## LUNCH

Hunger Rating: \_\_\_\_

### Healthy Protein

Write down what you ate:

### Whole Grains

### Starchy Vegetables

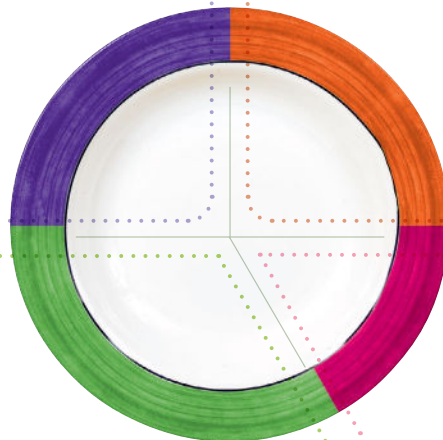
Write down what you ate:

### Nonstarchy Vegetables

Write down what you ate:

### Fruits

Write down what you ate:



**DINNER**

Hunger Rating: \_\_\_\_

**Healthy Protein**

Write down what you ate:

**Whole Grains**

**Starchy Vegetables**

Write down what you ate:

**Nonstarchy Vegetables**

Write down what you ate:

**Fruits**

Write down what you ate:



**Healthy Fats**

4-7 servings a day

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Snacks/Other**

\_\_\_\_\_

\_\_\_\_\_



**Water**

8 servings a day