

Servings Food Log

Track by Servings

Keeping track of what you eat and drink, even if only for a few days a week, can help you recognize eating habits that you're not aware of.



Vegetables

5 or more servings a day

1 serving =

- ½ cup cooked
- 1 cup raw

Healthy Tips

- ✓ Add a tossed salad to your lunch and fill half your plate with vegetables at dinner to help you eat enough vegetables.
- ✓ Baby carrots and grape tomatoes make great snacks!

How many servings did you eat today? » Check 1 box per serving



Fruits

2-3 servings a day

1 serving =

- 1 small piece
- ½ cup cut up
- 2 tablespoons dried

Healthy Tips

- ✓ To eat your daily servings, have a piece of fruit at breakfast and add 1 or 2 more during the day for snacks.
- ✓ Try a different fruit every few days!

How many servings did you eat today? » Check 1 box per serving



Whole Grains/ Starchy Vegetables

6 servings a day

1 serving =

- ⅓ cup cooked whole-grain pasta, cereal, or brown rice
- ½ cup potato

Healthy Tips

- ✓ Choose more whole wheat, oats, barley, brown rice, and quinoa.
- ✓ Choose cereals with less than 10 grams of sugar per serving.

How many servings did you eat today? » Check 1 box per serving



Healthy Protein, Legumes/ Beans, Nuts

5-6 servings a day

1 serving =

- ½ cup beans or legumes
- ¼ cup nuts (note: high in calories)
- 1 ounce lean meat/fish
- 1 egg or 2 egg whites
- 1 ounce reduced-fat hard cheese
- ¼ cup tempeh
- ¼ cup 1% cottage cheese
- ½ cup tofu
- 6 ounces low-fat Greek yogurt

Healthy Tips

- ✓ Include a serving of beans or nuts daily.
- ✓ Choose plant proteins more often: beans, peas, lentils, nuts, seeds, and soy products (tofu, tempeh, soy milk). Nuts and seeds are higher in calories than other plant proteins, so limit to 1 or 2 servings a day.
- ✓ Choose fish (preferably wild), shellfish, or skinless chicken or turkey.
- ✓ Use healthier cooking methods: broil, grill, steam, or sauté in a small amount of healthy oil (olive or canola).

How many servings did you eat today? » Check 1 box per serving



Fats

4-7 servings a day

1 serving =

- 1 teaspoon oil
- 1½ teaspoons of nut butters (almond, peanut)
- ⅓ avocado (2 tablespoons)

Healthy Tips

- ✓ Choose foods rich in healthy fats, such as fish, walnuts, olive oil, and flaxseeds.
- ✓ Limit saturated fats and avoid trans fats (partially hydrogenated), found in fatty meats, whole-fat milk, cream, butter, margarine, and processed baked and snack foods.

How many servings did you eat today? » Check 1 box per serving



Water

8 servings a day

1 serving = 8 ounces

Healthy Tips

- ✓ Drink plenty of water each day.
- ✓ Try caffeine-free unsweetened tea.
- ✓ Keep a water bottle or cup at work for easy refills.
- ✓ Choose sparkling, calorie-free options.
- ✓ Infuse water overnight in the refrigerator by adding fruit, veggies, and herbs or extracts for flavor.

How many servings did you have today? » Check 1 box per serving