

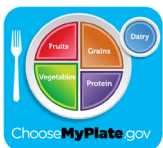
Slim Down Food Diary

My SMART Goal for the week is to: _____



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| Snack | Snack | Snack | Snack | Snack | Snack | Snack |
| Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| Snack | Snack | Snack | Snack | Snack | Snack | Snack |
| Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |

| | | | | | | | | | | | | | | | | | | | | |
|---------|-----|--------|---------|-----|--------|---------|-----|--------|---------|-----|--------|---------|-----|--------|---------|-----|--------|---------|-----|--------|
| FRUIT | ○○ | CUPS | FRUIT | ○○ | CUPS | FRUIT | ○○ | CUPS | FRUIT | ○○ | CUPS | FRUIT | ○○ | CUPS | FRUIT | ○○ | CUPS | FRUIT | ○○ | CUPS |
| VEGGIES | ○○◐ | CUPS | VEGGIES | ○○◐ | CUPS | VEGGIES | ○○◐ | CUPS | VEGGIES | ○○◐ | CUPS | VEGGIES | ○○◐ | CUPS | VEGGIES | ○○◐ | CUPS | VEGGIES | ○○◐ | CUPS |
| PROTEIN | ○○○ | OUNCES | PROTEIN | ○○○ | OUNCES | PROTEIN | ○○○ | OUNCES | PROTEIN | ○○○ | OUNCES | PROTEIN | ○○○ | OUNCES | PROTEIN | ○○○ | OUNCES | PROTEIN | ○○○ | OUNCES |
| GRAINS | ○○○ | OUNCES | GRAINS | ○○○ | OUNCES | GRAINS | ○○○ | OUNCES | GRAINS | ○○○ | OUNCES | GRAINS | ○○○ | OUNCES | GRAINS | ○○○ | OUNCES | GRAINS | ○○○ | OUNCES |
| DAIRY | ○○○ | CUPS | DAIRY | ○○○ | CUPS | DAIRY | ○○○ | CUPS | DAIRY | ○○○ | CUPS | DAIRY | ○○○ | CUPS | DAIRY | ○○○ | CUPS | DAIRY | ○○○ | CUPS |



Things to remember when choosing meals and snacks:

- Focus on fruits
- Vary your veggies
- Go lean with protein
- Get your calcium-rich foods
- Make half your grains



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (W-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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