

# 7007 - Food Portions Log

Name: \_\_\_\_\_



Servings / Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Vegetables &amp; Fruit</b> Women 7-8 Men 8-10 servings							
<b>Grain Products</b> Women 6-7 Men 8 servings							
<b>Milk Products</b> Women 2-3 Men 2 servings							
<b>Meats &amp; Alternatives</b> Women / Men 2-3 servings							
<b>Other Foods</b> 1 tbsp is a serving of oils, spreads, fats, etc.							
<b>Water</b> 8-10, 8oz glasses 4-5, 500ml bottles							

