

Food Portions Log

Name: _____



Servings / Day Adults 51+	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Vegetables & Fruit Women 7 Men 7 servings							
Grain Products Women 6 Men 7 servings							
Milk Products Women 3 Men 3 servings							
Meats & Alternatives Women 2 Men 3 servings							
Other Foods 1 tbsp is a serving of oils, spreads, fats, etc.							
Water 8-10, 8oz glasses 4-5, 500ml bottles							

