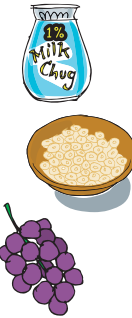



Name \_\_\_\_\_

## A Day in the Life of MyPlate Chart

**Directions:** Record all the foods you eat and drink during the next 24 hours. For each food item, record the serving size and the number of servings you consumed.

Meal or Snack	Food or Drink	Serving Size	Number of Servings
<b>Breakfast</b> 			
<b>Lunch</b> 			
<b>Dinner</b> 			
<b>Snacks</b> 			