	Foods You Ate (Include the amounts you ate)	**Dairy** Milk, Cheese, Yogurt	**Vegetables** Tomatoes, Carrots, Salad	**Fruit** Orange, Apple, Kiwi	**Grains** Bread, Pasta, Tortilla, Rice	**Protein** Meat, Beans, Nuts	**Empty Calories** Bacon, Jam, Fries Soft drinks
	Example: *soup with beans, pasta with parmesan, small bag chips*	x	x	-	x	x	x
Breakfast	Sandwich, egg, cheese, tea	cheese				eggs	Sandwich, tea
Snack	Apple, cola			apple			
Lunch							
Snack							
Dinner							

LIVEWORKSHEETS