

LIFESTYLES IN NUTRITION

Daily Food Group Tally

Use this chart to help guide food choices throughout the day and try to fulfill each suggested serving goal listed in the second column. Place a tally mark in the appropriate box for each serving of that food group you consume that day. See serving sizes below and the Eating for Health Model handout for example foods.

	Suggested Servings	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Nuts, Seeds, and Oils	2 to 3							
Protein	2 to 4							
Leafy Vegetables	2 to 3							
Crunchy Vegetables	2 to 3							
Unrefined Starches	2 to 4							
Seasonal Fruit	2 to 4							
Booster Foods	2 to 4							

Serving Sizes:

Nuts, Seeds, Oils - 2 Tbs. of nuts/seeds or 1 Tbs. of oil.

Protein - 3 oz (deck of cards) of animal protein or 6 oz of vegetable (about ¾ cup) or 20 grams of protein (if labeled like on deli meat). Dairy may go in this category as long as it's organic, from pasture raised cows, or raw.

Leafy Vegetables - 1 cup uncooked.

Crunchy Vegetables - ½ cup uncooked.

Unrefined Starches - ½ cup whole grain or 1 medium root vegetable (sweet potato, carrot, beet, ginger, turnip, etc.)

Seasonal Fruit - ½ cup or 1 medium piece if not small enough to measure in cup (like banana, apple, and oranges).

Booster Foods - 1 tsp. to 1 Tbs. is a serving. Booster foods include nutritional yeast, algae, spices, herbs, seaweed, flax seeds, and chia seeds.

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