

## My Daily Diet Worksheet

### Keep It Simple

My Weight Today: \_\_\_\_\_

Vegetables	Amount	Vegetables	Amount
1. _____		4. _____	
2. _____		5. _____	
3. _____		6. _____	

Fruits	Amount	Fruits	Amount
1. _____		2. _____	

Proteins	Amount	Proteins	Amount
1. _____		3. _____	
2. _____		4. _____	

Caution Foods	Amount	Caution Foods	Amount
1. _____		4. _____	
2. _____		5. _____	
3. _____		6. _____	

Sugar-Added Foods	Amount/Calories	Total for Week
_____	_____	_____

#### Recommended Portions

**Vegetables:** Unlimited low glycemic options

**Proteins:** Up to 4 servings per day (4–6 ounces per serving)

**Fruits:** Limited to 2 per day

**Dairy:** 1–2 servings unsweetened options

**Starches:** Limited to 2 servings per day

**Nuts:** ¼ cup per day

**Snack Options:** 1 serving per day

**Added Fats:** 2½ tablespoons per day