

Food Diary - MyPlate

Date: _____ Day of the Week: _____
Several times during your pregnancy, use this chart to record what you eat in a day. Then complete the bottom section to evaluate how your diet compares to the MyPlate recommendations, and help you reflect on healthy adjustments you could make.
Breakfast, morning snacks, drinks:
Lunch, afternoon snacks, and drinks:
Dinner, evening snacks, and drinks:

Did you get your recommended number of servings* of each food group?

Grains—9 one-ounce servings

Vegetables—3.5 one-cup servings

Fruits—2 one-cup servings

Milk—3 one-cup servings

Meat and Beans—6.5 one-ounce servings

Fluids—8 or more one-cup servings

* See [MyPlate Food Groups and Servings](#) for a description of serving sizes. Fill in half a box if you had half a serving.

At the end of the day, compare what you ate with the recommendations:

What would be good to eat more of? _____

What could you eat less of? _____

What foods were the most nutritious? _____

What foods tasted the best to you? _____

Now congratulate yourself on every healthy choice you made and think about one small improvement you could make in the future.