

One Day Eating Chart

Name: _____

	½ cup Servings of...	½ cup or one slice servings of...	½ - 1½ cup servings of...	½ - ¾ cup, 2 egg, 2 tbsp p.b. servings of...
MEALS	Vegetables and Fruits	Grains	Dairy and Alternatives	Meats and Alternates
Breakfast				
Recess Snack				
Lunch				
After school snack OR after supper dessert?				
Supper				
<i>Total number of servings I had today...</i>				
Total Ideal # of Servings according to Canada Food Guide				