



# My nutrition tracker

## Main messages

- Eat balanced meals – follow a plate model.
- Eat paired snacks when hungry between meals.
- Stop and think before you drink sugary beverages – drink water instead.

A	B			C	D
Day/date	Breakfast	Lunch	Dinner	Paired snacks	Water (1 cup = 8 fl. oz.)
Example Tuesday 02 / 09 / 21				apple + peanut butter clementine + string cheese	
_____ ____ / ____ / ____				_____ + _____ _____ + _____	
_____ ____ / ____ / ____				_____ + _____ _____ + _____	
_____ ____ / ____ / ____				_____ + _____ _____ + _____	

## Select your responses

Did I eat a 1 • 2 • 3 • + balanced meal three times every day?

- Always   
  Mostly   
  Sometimes   
  Never

Did I eat paired snacks when hungry between meals?

- Always   
  Mostly   
  Sometimes   
  Never

Did I drink water instead of sugary beverages?

- Yes   
  No

■ Vegetable, fruits and/or beans

■ Healthy fat

■ Protein

■ Starchy vegetables or a whole grain