





How to choose a healthy meal!

Directions: Record daily food choices. Ask family members or friends to record their food choices.

Under each meal, list each food eaten on a separate line. For each food, place a check mark under the category where that food item belongs and indicate if that food is an "everyday food" or a "sometimes food."

		Proad	 I . I	Eate
		Bread	 	Fats.

Food Selection	"Everyday food"	"Sometimes food"	Fruit	Vegetable	Bread, cereal, pasta	Milk, cheese	Lean meat	Fats, oils, sweets
BREAKFAST								
LUNCH								
DINNER								
SNACK								