

FoodPrints: Rainbow Food Diary

Rainbow Food Diary for the Week of: _____

Aim to include fruits and veggies with every meal you eat, and try to eat at least 5 servings a day.

Day	Breakfast	Lunch	Dinner	Colors I Ate
<i>Example: Monday</i>	<i>Scrambled eggs and orange slices</i>	<i>Turkey sandwich with tomato and lettuce</i>	<i>Vegetable Fried Rice with Carrots and Peas</i>	<i>Orange Red Green</i>

Looking back over your food diary for the week, what do you think about your choices? Do you have any goals for next week?