Calorie Tracking

Do you think you ate healthy today? Track your calories below. Compare your calorie intake to your recommended daily amount. Print this chart or use the online tracker: https://tools.myfooddata.com/.

Meal & Drink Tracking

Breakfast			
Food/Ingredients	**Calories**	**Drinks**	**Calories**
Lunch			
Food/Ingredients	**Calories**	**Drinks**	**Calories**

Calorie Tracking (cont.)

Do you think you ate healthy today? Track your calories below. Compare your calorie intake to your recommended daily amount. Print this chart or use the online tracker: https://tools.myfooddata.com/.

Meal & Drink Tracking

Dinner			
Food/Ingredients	Calories	Drinks	Calories

Snacks			
Food/Ingredients	Calories	Drinks	Calories

Total Calories for My Day

- Total Calories: _____

- Recommended Calories (based on gender & age): _____

- Difference (more/less): _____

Be
HEALTHY
eat
HEALTHY

Calorie Tracking (cont.)

Categorizing Your Food Choices

Review your calorie tracker on the previous pages. Place the foods into the categories below.

Healthy Foods

Vegetables
(e.g., lettuce/tomato on a burger counts)

_____

_____

_____

Fruits

_____

_____

Protein
(e.g., nuggets/strips count, but they're coated and fried, so not very healthy 😉)

_____

_____

_____

Whole Grains

_____

_____

_____

Healthy Oils

_____

_____

Dairy

_____

_____

_____

Calorie Tracking (cont.)

Categorizing Your Food Choices

Review your calorie tracker on the previous pages. Place the foods into the categories below.

Not Considered Healthy

Empty Carbs (e.g., fries, chips, junk food, store-bought sauces)

_____

_____

_____

_____

Refined Grains (e.g., white rice, white bread, buns)

_____

_____

_____

_____

Water & Other Drinks

Approximate ounces of Water

_____

Approximate ounces of Other Drinks

_____