

# Expanded food diary

	S	V	F	M	MT	Fat	Where	Who	How I Feel
<b>Breakfast</b>									
<b>Snack</b>									
<b>Lunch</b>									
<b>Snack</b>									
<b>Dinner</b>									

- S** = Starch Group (bread, cereals, pasta)
- V** = Vegetable Group
- F** = Fruit Group
- M** = Milk or Dairy Group
- MT** = Meat and Meat Substitute Group
- Fat** = Fat Group

Fill in what you eat, check which food group it belongs in, then note where you ate, who you ate with and how you were feeling.



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