Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Breakfast: Calories | Lunch: Calories |
| Dinner: Calories | Snacks: Calories |

Use the Food Tracker at <https://www.supertracker.usda.gov/foodtracker.aspx> to seach and add the food you ate today.

After you have figured your daily totals, copy the Daily Limits graphs here:

|  |
| --- |
| Daily Limits |
|  |