

Weekly Diet Scorecard

Use this scorecard to keep track of what you're eating throughout the week. Make a tally in each box each day when you meet the serving goal. Print this document to track each week.

Vegetables

Four or more 1 cup servings per day

Fruit

Three or more 1 cup cut or 1 whole piece servings per day

Legumes

One or more ½ cup serving per week

Nuts and seeds

One or more ¼ cup serving per week

Whole grains

One or more ½ cup serving per day

Fish/plant-based protein

Four or more (4 oz) servings per week

Red/processed meats

Women: Fewer than two (6 oz) servings per week

Men: Fewer than three (6 oz) servings per week

Fats

More monounsaturated fats (olive and avocado oil)

Less saturated fats (butter and margarine)

Alcohol

Women: One or fewer drinks per day

Men: Two or fewer drinks per day