Food Record

The DASH Eating Plan

Food records are a great way to help you recognize how much you really eat, what types of foods you eat, and why you eat. Here is a simple food record that will help you monitor how you are doing on the DASH eating plan. Write the number of servings and which food group it fits in. For example, if you had 1 cup of brown rice, it would go in the G column and count as 2 servings; 1 cup of 100% juice would go in the F column and count as 2 servings.

F = Fruit V = Vegetable D = Dairy G = Grain M = Meat

Meal	Item	F	V	D	G	M	Other
Totals							