



IN *The Villages*<sup>®</sup>  
*America's Healthiest Hometown*

## Food Diary

	What You Ate and Drank			
Meal/Snack	Day 1	Day 2	Day 3	Day 4
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				

Enter your information for nutrition analysis at [www.choosemyplate.gov/SuperTracker](http://www.choosemyplate.gov/SuperTracker)