the Funky stork.com

EATS KEEP TRACK OF HER NUTRITION

FOOD ITEM	EXTRAS
SWEETS & TREATS Not recommended	

FOOD ITEM	SERVING 1	SERVING 2	SERVING 3	EXTRAS
GOOD FATS Examples: 1 Tbsp flax oil, olive oil or any oil high in omegas 3-6-9				

FOOD ITEM	SERVING 1	SERVING 2	SERVING 3	EXTRAS
FRUIT Examples: 1 apple or banana • 1/2 c canned fruit 1 c berries • 1/2 c real fruit juice				

FOOD ITEM	SERVING 1	SERVING 2	SERVING 3	SERVING 4	EXTRAS
DAIRY Examples: 1 c. milk or yogurt 1.5 oz cheese					

FOOD ITEM	SERVING 1	SERVING 2	SERVING 3	SERVING 4	EXTRAS
PROTEINS Examples: 2-3 oz cooked lean meat, poultry or fish • 1/2 c cooked beans • 1 egg 2 Tbsp peanut, almond or hazelnut butter • 1/3 c nuts					

FOOD ITEM	SERVING 1	SERVING 2	SERVING 3	SERVING 4	EXTRAS
VEGGIES Examples: 1 c raw, leafy veggies 1/2 c cooked veggies • 3/4 c V8					

FOOD ITEM	SERVING 1	SERVING 2	SERVING 3	SERVING 4	SERVING 5	SERVING 6	SERVING 7	SERVING 8	SERVING 9	EXTRAS
GRAINS Examples: 1 slice bread • 1 c cold cereal 1/2 c cooked cereal, rice or pasta										