THE MEDITERRANEAN DIET
FAST TRACK FOOD RECORD

This tool will help you achieve your nutrition goals each day. Fill out one line for each day, and check off each goal that you fulfill.

MY MEDITERRANEAN GOALS:

FOOD CHOICE	MY GOAL
MUFA Fat	
Omega-3 Fats	
Dark Green Veg	
Red Vegetables	
Orange/Yellow Vegetables	
Other Vegetable	
Allium	
Herbs	
Fruit	
Whole Grains	

If you are having trouble meeting your nutrition goals or if your body weight changes call your dietitian!

NAME:_____

DATE	MUFA FATS	OMEGA-3	VEGETABLES							FRUIT	WHOLE GRAINS		
	7 - 10 per day	2 per week	Dark Green	Red	Orange & Yellow	Other	Allium	Herbs	Vitamin C & Other	1 - 4	1	2	3
		1	1 - 2	1 - 2	1 - 2	1 - 2	1	1					
		2											

DATE	MUFA FATS	OMEGA-3	VEGETABLES							FRUIT	WHOLE GRAINS		
	7 - 10 per day	2 per week	Dark Green	Red	Orange & Yellow	Other	Allium	Herbs	Vitamin C & Other	1 - 4	1	2	3
		1	1 - 2	1 - 2	1 - 2	1 - 2	1	1					
		2											

DATE	MUFA FATS	OMEGA-3	2 per week	VEGETABLES						FRUIT	WHOLE GRAINS		
				Dark Green	Red	Orange & Yellow	Other	Allium	Herbs	Vitamin C & Other			
	7 - 10 per day	1	2	1 - 2	1 - 2	1 - 2	1 - 2	1	1	1 - 4	1	2	3

DATE	MUFA FATS	OMEGA-3	2 per week	VEGETABLES						FRUIT	WHOLE GRAINS		
				Dark Green	Red	Orange & Yellow	Other	Allium	Herbs	Vitamin C & Other			
	7 - 10 per day	1	2	1 - 2	1 - 2	1 - 2	1 - 2	1	1	1 - 4	1	2	3

DATE	MUFA FATS	OMEGA-3	2 per week	VEGETABLES						FRUIT	WHOLE GRAINS		
				Dark Green	Red	Orange & Yellow	Other	Allium	Herbs	Vitamin C & Other			
	7 - 10 per day	1	2	1 - 2	1 - 2	1 - 2	1 - 2	1	1	1 - 4	1	2	3