

Food Pyramid Worksheet

The goal of the biblical food pyramid is to eat wholesome, clean, nutritious foods. Don't focus on servings, but on variety. God gave us a variety of food as a blessing and the only way to get all the nutrients we need for optimal health. Use this worksheet to quickly log foods (using tally marks) for a week to see how much variety you can get. Subtract one point for processed foods, shellfish, or pork. Set your own goal each week!

	Su	M	T	W	Th	F	Sa
Water (8-10 /day)							
Nuts & Seeds (10-12/day)							
Vegetables (4-5/day)							
Fruits - 3-4/day							
Bread & Pasta (3-4 /day)							
Beans – daily							
Legumes – daily							
Milk/milk products - (1 c/day)							
Wild fish (2-3x/week)							
Healthy oils							
Free range eggs							
Free range poultry							
Grass-fed beef							
Lamb							
Sweet treats - limited & natural (agave, honey, stevia, etc.)							
Totals:							

Negative points: _____

Weekly score goal: _____

Actual weekly score: _____