

Daily Food Diary

Name:
Date:

Guidelines
Max. daily calories:
Max. daily fat grams:

Meal	Food Eaten	Amount	Fat Grams	Calories	Comments
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water	() () () () () () () ()				

Total:

Percent fat of total calories consumed:

Comments: