

FOOD DIARY

- Please list daily:
1. all foods, beverages & between meal snacks
 2. record amounts eaten as teaspoons, tablespoons, cups or ounces
 3. list way food is prepared (ie baked, broiled, fried)

Be sure to record intake as you eat; do not wait until the end of the day to record food intake.

Daily Food and Activity Diary							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Activity							