Daily Record of Food Intake | Your diet may be the key to better health.

Each day, record all the items you eat and drink. Be sure to include the approximate amount of each item. When you have completed this form, return it to your health care professional for evaluation.



DEAVEACT	LUMOU	DIMIED
Aget & Dainy	LUNCH Time:	DINNER Time:
Meat & Dairy:		
regetables & Fruits:		
Breads, Cereals, & Grains:		
ats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Vater Intake (fl. oz.):		
ther Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
nack:		
lowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor
Day 2 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
regetables & Fruits:		
Breads, Cereals, & Grains:		
ats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Vater Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
nack:		
Powel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor
Day 3 - Date:		
REAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
egetables & Fruits:		
Breads, Cereals, & Grains:		
ats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Vater Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
inack:		
Sowel Movements(# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor

Day 4 - Date: BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		. <u> </u>
Vegetables & Fruits:		
Breads. Cereals, & Grains:	· · · · · · · · · · · · · · · · · · ·	
Fats (butter, margarine, oils. +tc.):		
Candy, Sweets, & Junk Food		
Water Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 5 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
Vegetables & Fruits:		
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils ⊝tc.):		
Candy, Sweets, & Junk Foo		
Water Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 6 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:	<u> </u>	
Vegetables & Fruits:		
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils etc.):	··	- -
Candy, Sweets, & Junk Foc.		
Water Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time: Snack:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
	Have of Class.	Overtible of Oleans and O. O. A. F.
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 7 - Date:	<u></u>	
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
Vegetables & Fruits:		
Breads, Cereals, & Grains		
Fats (butter, margarine, oic., etc.):		
Candy, Sweets, & Junk Fc 1:		
Water Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		- ,
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)