



## Food Diary<sup>1</sup>

Name: \_\_\_\_\_

| <b>Date:</b>     | <b>Time</b> | <b>How much Did you eat:<br/>Portion size (1/2 cup, 1 cup, 1 tsp, tbsp, 1 cup, pint, # of oz, etc)</b> | <b>FOODS EATEN: Type of food:</b> Cereal, fruits/vegetables, meats, milk, dairy. <b>ALSO document FLUIDS</b> such as Water, coffee, hot tea, ice tea, sugar diet or regular sodas, etc | <b>Cooking methods/Comments</b><br>(baked, grilled, fried, if you added sauces, type of sauces, or condiments such mayo, mustard, Alfredo sauce, etc.) |
|------------------|-------------|--|--|--|
| <i>Breakfast</i> |             |  |  |  |
| <i>Snack</i>     |             |  |  |  |
| <i>Lunch</i>     |             |  |  |  |
| <i>Snack</i>     |             |  |  |  |
| <i>Dinner</i>    |             |  |  |  |
| <i>Snack</i>     |             |  |  |  |

**Physical Activity:** Write type of physical activity and for how long (ea. Sit ups, running, walking, swimming for 10, 20, min. etc)

---



---

<sup>1</sup> Write everything you eat and drink. Include supplements and vitamins with name and dosage.