

Daily Food Diary

Instructions: Record the kind of food and amount you eat at each meal.

	<u>Date</u>	<u>Date</u>	<u>Date</u>	<u>Date</u>
BREAKFAST	Food	Food	Food	Food
Protein				
Vegetables				
Grains/Carbs				
Fruit				
Dairy				
Snack/Other				
LUNCH	Food	Food	Food	Food
Protein				
Vegetables				
Grains/Carbs				
Fruit				
Dairy				
Snack/Other				
DINNER	Food	Food	Food	Food
Protein				
Vegetables				
Grains/Carbs				
Fruit				
Dairy				
Snack/Other				
EXERCISE				