



Food Journal

This Journal Belongs to

This food journal has been provided to you courtesy of Carl R. Darnall Army Medical Center Nutrition Care Division in an effort to help you help yourself.

The first step in making nutrition and lifestyle changes is awareness of problem areas. Keeping a food journal increases awareness of meal patterns and the types and amounts of foods and drinks you choose most often.

Instructions: Please write down what and how much of each item that you eat and drink. See the sample below.

For additional resources visit us on the web at www.crdamc.amedd. army.mil/ncd or call us at 254-288-8860

Sample

Meal Time	Food/Drink Service Size	Comments		
Breakfast 8:30 a.m.	2 cups Cheerios, 1 cup 2% milk, 16 oz. Orange Juice	Did PT - 3 mile run, hard workout		
Snack	N/A	Drank about 1 quart water after PT		
Lunch 12:30 p.m.	Subway; 6" Turkey w/ cheese & mayo, 1 bag Doritos, 20 oz Pepsi			
Snack		Very busy at work, had to work late		
Dinner 8 p.m.	Chicken Breast, 2 Rice, 1 Cup Green Beans, 1/2 Can, 2 glasses 2% milk	Starving, after eating felt very full		
Snack 9:30 p.m.	2 Budlites, 1 bag micro- wave popcorn			

The Basics

- Do not skip meals. It slows metabolism and leads to over-eating.
- Find a zero-calorie beverage to drink throughout the day and limit fruit juice and sport drinks to 8 oz. per day... Yes, really!
- Most fast-food is very high in fat! Reduce calories by not adding extras such as mayonnaise, bacon, or cheese.
- When visiting fast-food places, reduce the portion size of your order, choose grilled over fried, or make fewer visits to the restaurant.

Day One

Meal Time	Food/Drink Service Size	Comments
Breakfast ———		
Snack		
Lunch		
Snack		
Dinner ———		
Snack ———		

Day Two

Meal Time	Food/Drink Service Size	Comments
Breakfast ———		
Snack		
Lunch		
Snack		
Dinner ———		
Snack ———		

Day Three

Meal Time	Food/Drink Service Size	Comments
Breakfast ———		
Snack		
Lunch		
Snack		
Dinner ———		
Snack ———		

Day Four

Date ___

Meal Time	Food/Drink Service Size	Comments
Breakfast 		
Snack		
Lunch		
Snack		
Dinner ———		
Snack ———		

Day Five

Meal Time	Food/Drink Service Size	Comments
Breakfast ———		
Snack		
Lunch		
Snack		
Dinner ———		
Snack ———		

Day Six

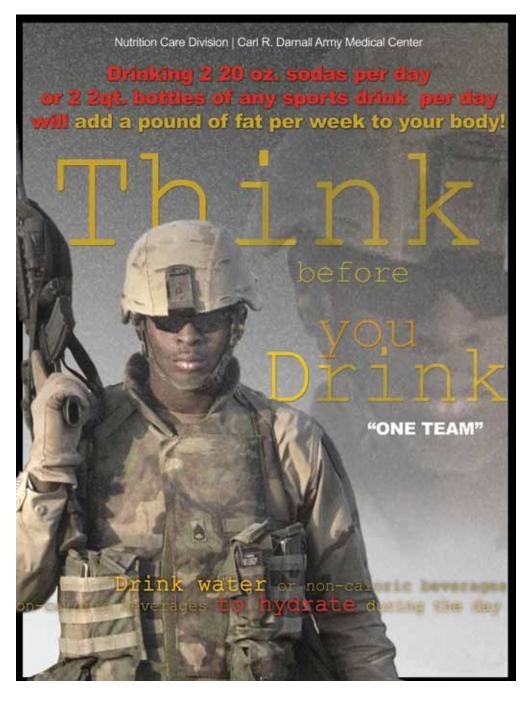
Meal Time	Food/Drink Service Size	Comments
Breakfast 		
Snack		
Lunch		
Snack		
Dinner ———		
Snack ———		

Day Seven

Meal Time	Food/Drink Service Size	Comments
Breakfast 		
Snack		
Lunch		
Snack ———		
Dinner ———		
Snack ———		

Comments/ Recommendations

То	be completed by th	ne N	utrition C	are Divis	ion		
	Portion sizes are t		_		_	f esp	ecially
	Not enough water	; try	drinking	a glass b	efore bed.		
	Decrease liquid ca only add empty ca			nber thes	se don't fill y	ou u	p, they
	Don't skip meals. This decreases your metabolism and will make you overly hungry at your next meal time, which leads to overeating.						
Spe	ecific Comments:						
			OVER	ALL:			
	Excellent		Good		Fair		Poor



Visit us on the web at www.crdamc.amedd.army.mil/ncd for more valuable information and tools for weight management!

We're all in this together!

Weigh to Stay

Food Journal NUTRITION CARE DIVISION



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