

Name:

Daily Food Diary

Include all beverages

Include condiments, dressing, % milk, etc

Guidelines	
Maximum daily calories:	
Maximum daily fat grams:	

Meal	Food Eaten	Amount	Fat Grams	Calories	% fat
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					
Water (8 oz)	() () () () () () () ()				
Total:					