



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

Date: \_\_\_\_\_

**Food Diary**

| <b>Time of snack/meal</b> | <b>Food Item</b>                              | <b>Amount cup/oz</b>                             | <b>How was it prepared?</b> |
|---------------------------|---|--|-----------------------------|
| 10 am                     | Bagel with peanut butter<br>Orange juice      | 1 item (3oz)<br>20 oz bottle                     | Deli-type, blueberry        |
| 1:30 pm                   | Turkey Sandwich<br>Chips (Doritos)<br>Mt. Dew | 2 sl bread, 2 oz turkey<br>2 oz bag<br>12 oz can | 1 T mayo, 1 t mustard       |
|                           |   |  |                             |
| Breakfast<br>____ am/pm   | -<br>-<br>-                                   | -<br>-<br>-                                      |                             |
| Snack<br>____ am/pm       | -<br>-<br>-                                   | -<br>-<br>-                                      |                             |
| Lunch<br>____ am/pm       | -<br>-<br>-                                   | -<br>-<br>-                                      |                             |
| Snack<br>____ am/pm       | -<br>-<br>-                                   | -<br>-<br>-                                      |                             |
| Dinner<br>____ am/pm      | -<br>-<br>-                                   | -<br>-<br>-                                      |                             |
| Snack<br>____ am/pm       | -<br>-<br>-                                   | -<br>-<br>-                                      |                             |

Beverages Consumed: (cups/ounces)

\_\_\_\_ Water

\_\_\_\_ Ice tea/hot tea/coffee

\_\_\_\_ Milk

\_\_\_\_ Pop/Soda

\_\_\_\_ Juice

\_\_\_\_ Other