Daily Record of Food Intake | Your diet may be the key to better health.

Each day, record all the items you eat and drink. Be sure to include the approximate amount of each item. When you have completed this form, return it to your health care professional for evaluation.

Name:



Day 1 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		0.000
Vegetables & Fruits:		
Breads, Cereals, & Grains:		Alexandra and a constant and a const
Fats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Nater Intake (fl. oz.):	1	
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 2 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		STR. Contraction of the second states
/egetables & Fruits:		
Breads, Cereals, & Grains:		
ats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Nater Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor).
Day 3 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Aeat & Dairy:		TIM CALLER AND
'egetables & Fruits:		
reads, Cereals, & Grains:		
ats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Vater Intake (fl. oz.):		
)ther Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
lotoo		
Notes:		
	Sector And	
1400 07/07		

Snack:	Hours of Sleep:	
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Other Drinks:		
Water Intake (fl. oz.):		
Candy, Sweets, & Junk Food:		
Fats (butter, margarine, oils, etc.):		
Breads, Cereals, & Grains:		
Vegetables & Fruits:		
Meat & Dairy:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
		BANKER
Day 7 - Date:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Other Drinks:		
Water Intake (fl. oz.):		
Candy, Sweets, & Junk Food:		
Fats (butter, margarine, oils, etc.):	×	
Breads, Cereals, & Grains:		
Vegetables & Fruits:		
Meat & Dairy:		3
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Day 6 - Date:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Other Drinks:		
Water Intake (fl. oz.):		
Candy, Sweets, & Junk Food:		
Fats (butter, margarine, oils, etc.):		n kon anter en anter
Breads, Cereals, & Grains:		
Vegetables & Fruits:	116 M 146	
Meat & Dairy:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Day 5 - Date:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Other Drinks:		
Water Intake (fl. oz.):		
Candy, Sweets, & Junk Food:		
Fats (butter, margarine, oils, etc.):		
Breads, Cereals, & Grains:		
Vegetables & Fruits:		
Meat & Dairy:		and a stand on the second second
BREAKFAST Time:	LUNCH Time:	DINNER Time: