Daily Record of Food Intake 1 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:		<u>.</u>
Vegetables & Fruits:		:
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Water 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 2 - Date: BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
Vegetables & Fruits:		
Breads, Cereals, & Grains:	Market and the second s	T-2 TO Allowable II
Fats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:	·	
Water Intake (fl. oz.):		
Other Drinks:	<u> </u>	
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:
Meat & Dairy:		
Vegetables & Fruits:		
Breads, Cereals, & Grains:	1	
Fats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:	V-075-110-110-110-110-110-110-110-110-110-11	
Water Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:	WPTP-SPTR PMPS SP-SS-SS-SS-SS-SS-SS-SS-SS-SS-SS-SS-SS-S	·
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Notes:		

Day 4 - Date: BREAKFAST Time:	LUNCH Time:	DINNER Time;
Meat & Dairy:	LONGIT LINE.	Politocat Line,
Vegetables & Fruits:		1
Breads, Cereals, & Grains:		L. A
Fats (butter, margarine, oils, etc.):		- VOATE ALBERTACO.
Candy, Sweets, & Junk Food;		
Water Intake (fl. oz.):		
Other Drinks:		•.
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:	· ·	112000000000000000000000000000000000000
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 5 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time;
Meat & Dairy:		
Vegetables & Fruits:		
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils, etc.):	4	
Candy, Sweets, & Junk Food:		
Water Intake (fl. oz.):	A CONTRACTOR OF THE PROPERTY O	
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 6 - Date: BREAKFAST Time: Meat & Dairy:	LUNCH Time:	DINNER Time:
Vegetables & Fruits:		·
Breads, Cereals, & Grains:	•	
Fats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:	-	AND THE RESIDENCE OF THE PARTY
Water Intake (fl. oz.):	*	The state of the s
Other Drinks:	MACH TO THE STATE OF THE STATE	
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:	WID-DAT SWACK Time:	MIGHT TIME SWACK TIME:
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 7 - Date:	1	
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
Vegetables & Fruits:		
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils, etc.):		V
Candy, Sweets, & Junk Food:		
Water Intake (fl. oz.):		•
Other Drinks;		
		*
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
MID-MORNING SNACK Time: Snack:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time: