Daily Record of Food Intake

Each day, record all the foods you eat and drink. Be sure to include the Patient: approximate amount of each food. When you have completed this booklet, return it to your health care professional Address: Your diet may be the key to better health. Health Care Professional: Day 1 - Date: BREAKFAST: LUNCH: DINNER: Meat & Dairy: Meat & Dairy: Meat & Dairy: Vegetables & Fruits: Vegetables & Fruits: Vegetables & Fruits: Breads, Cereals, & Grains: Breads, Cereals, & Grains: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Fats (butter, margarine, oils, etc.): Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Candy, Sweets, & Junk Food: Candy, Sweets, & Junk Food: Drinks Drinks: Drinks: MID-MORNING SNACK: MID-AFTERNOON SNACK: **NIGHTTIME SNACK:** Day 2 - Date: BREAKFAST: LUNCH: DINNER: Meat & Dairy: Meat & Dairy: Meat & Dairy: Vegetables & Fruits: Vegetables & Fruits: Vegetables & Fruits: Breads, Cereals, & Grains: Breads, Cereals, & Grains: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Fats (butter, margarine, oils, etc.): Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Candy, Sweets, & Junk Food: Candy, Sweets, & Junk Food: Drinks: Drinks: Drinks: MID-MORNING SNACK: MID-AFTERNOON SNACK: NIGHTTIME SNACK: Day 3 - Date: BREAKFAST: LUNCH: DINNER: Meat & Dairy: Meat & Dairy: Meat & Dairy: Vegetables & Fruits: Vegetables & Fruits: Vegetables & Fruits: Breads, Cereals, & Grains: Breads, Cereals, & Grains: Breads, Cereals, & Grains:

Fats (butter, margarine, oils, etc.):

MID-AFTERNOON SNACK:

Candy, Sweets, & Junk Food:

Drinks:

Fats (butter, margarine, oils, etc.):

Candy, Sweets, & Junk Food:

NIGHTTIME SNACK:

Drinks:

Fats (butter, margarine, oils, etc.):

Candy, Sweets, & Junk Food:

MID-MORNING SNACK:

Drinks

	Day 4 - Date:	
BREAKFAST: Meat & Dairy:	LUNCH: Meat & Dairy:	DINNER: Meat & Dairy:
Vegetables & Fruits:	Vegetables & Fruits:	Vegetables & Fruits:
Breads, Cereals, & Grains:	Breads, Cereals, & Grains:	Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):	Fats (butter, margarine, oils, etc.):	Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:	Candy, Sweets, & Junk Food:	Candy, Sweets, & Junk Food:
Drinks:	Drinks:	Drinks:
MID-MORNING SNACK:	MID-AFTERNOON SNACK:	NIGHTTIME SNACK:
	Day 5 - Date:	
BREAKFAST:	LUNCH:	DINNER:
Meat & Dairy:	Meat & Dairy:	Meat & Dairy:
Vegetables & Fruits:	Vegetables & Fruits:	Vegetables & Fruits:
Breads, Cereals, & Grains:	Breads, Cereals, & Grains:	Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):	Fats (butter, margarine, oils, etc.):	Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:	Candy, Sweets, & Junk Food:	Candy, Sweets, & Junk Food:
Drinks: MID-MORNING SNACK:	Drinks: MID-AFTERNOON SNACK:	Drinks: NIGHTTIME SNACK:
Drinks:		
Drinks: MID-MORNING SNACK: BREAKFAST:	MID-AFTERNOON SNACK: Day 6 - Date:	NIGHTTIME SNACK:
Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy:	MID-AFTERNOON SNACK: Day 6 - Date: LUNCH:	NIGHTTIME SNACK: DINNER:
Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits:	MID-AFTERNOON SNACK: Day 6 - Date: LUNCH: Meat & Dairy:	NIGHTTIME SNACK: DINNER: Meat & Dairy:
Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains:	MID-AFTERNOON SNACK: Day 6 - Date: LUNCH: Meat & Dairy: Vegetables & Fruits:	NIGHTTIME SNACK: DINNER: Meat & Dairy: Vegetables & Fruits:
Drinks: MID-MORNING SNACK:	MID-AFTERNOON SNACK: Day 6 - Date: LUNCH: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains:	DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains:
Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.):	MID-AFTERNOON SNACK: Day 6 - Date: LUNCH: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.):	DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.):
Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food:	MID-AFTERNOON SNACK: Day 6 - Date: LUNCH: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food:	NIGHTTIME SNACK: DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food:
Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: MID-MORNING SNACK:	MID-AFTERNOON SNACK: Day 6 - Date:	NIGHTTIME SNACK: DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: NIGHTTIME SNACK:
Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: MID-MORNING SNACK:	MID-AFTERNOON SNACK: Day 6 - Date:	DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: NIGHTTIME SNACK:
Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Candy, Sweets, & Junk Food: Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy:	MID-AFTERNOON SNACK: Day 6 - Date: LUNCH: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: MID-AFTERNOON SNACK: Day 7 - Date: LUNCH: Meat & Dairy:	DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: NIGHTTIME SNACK:
Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Candy, Sweets, & Junk Food: Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits:	MID-AFTERNOON SNACK: Day 6 - Date: LUNCH: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: MID-AFTERNOON SNACK: Day 7 - Date: LUNCH:	DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: NIGHTTIME SNACK:
Drinks: MID-MORNING SNACK: BREAKFAST: Weat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Candy, Sweets, & Junk Food: Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains:	MID-AFTERNOON SNACK: Day 6 - Date: LUNCH: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: MID-AFTERNOON SNACK: Day 7 - Date: LUNCH: Meat & Dairy: Vegetables & Fruits:	DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: NIGHTTIME SNACK: DINNER: Meat & Dairy: Vegetables & Fruits:
Drinks: MID-MORNING SNACK: BREAKFAST: Wegetables & Fruits: Breads, Cereals, & Grains: Candy, Sweets, & Junk Food: Drinks: MID-MORNING SNACK: Wegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.):	MID-AFTERNOON SNACK: Day 6 - Date:	NIGHTTIME SNACK: DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: NIGHTTIME SNACK: DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.):
Drinks: MID-MORNING SNACK: BREAKFAST: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks:	MID-AFTERNOON SNACK: Day 6 - Date:	DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Drinks: NIGHTTIME SNACK: DINNER: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: