Daily Record of Food Intake I 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.



Day 1 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
/egetables & Fruits:		
Breads, Cereals, & Grains:		and the second s
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:
nack:		
Rowel 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:		
egetables & Fruits:		
Breads, Cereals, & Grains:		S, WHINE DESCRIPTION
ats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Vater Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
nack:		
Sowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor
Day 3 - Date:		The Asia Asia Asia Asia Asia Asia Asia Asia
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
egetables & Fruits:		
Breads, Cereals, & Grains:		
ats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Vater Intake (fl. oz.):		* LE sage
Other Drinks:		Andrea Care
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:	And the second s	
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor

BREAKFAST Time:	LUNCH Time:	DINNER Time:
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egetables & Fruits:		The state of the s
reads, Cereals, & Grains:		and a second of the second
ats (butter, margarine, oils, etc.):		TENNES OF SERVICE SERVICES SER
Candy, Sweets, & Junk Food:		100 E
Vater 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 5 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
/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 6 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
/egetables & Fruits:		
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils, etc.):		The same of the sa
Candy, Sweets, & Junk Food:		
Water Intake (fl. oz.):		
Other Drinks:	MID DAY ONAGY TO	
	MID-DAY SNACK Time:	NICUTTIME CHACK TO
MID-MORNING SNACK Time: Snack:		NIGHTTIME SNACK Time:
	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack: Bowel Movements(# and consistency):		
Snack:		
Snack: Bowel Movements(# and consistency): Day 7 - Date: BREAKFAST Time:	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack: Bowel Movements(#and.consistency): Day 7 - Date: BREAKFAST Time: Meat & Dairy:	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack: Bowel Movements(# and consistency): Day 7 - Date: BREAKFAST Time: Meat & Dairy: Vegetables & Fruits:	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack: Bowel Movements(#and consistency): Day 7 - Date: BREAKFAST Time: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains:	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack: Bowel Movements(# and consistency): Day 7 - Date: BREAKFAST Time: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack: Bowel Movements (# and consistency): Day 7 - Date:	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack: Bowel Movements(# and consistency): Day 7 - Date: BREAKFAST Time: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food:	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Snack: Bowel Movements(#and consistency): Day 7 - Date: BREAKFAST Time: Meat & Dairy: Vegetables & Fruits: Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Water Intake (fl. oz.):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)