

Daily Record of Food Intake

Each day, record all the foods you eat and drink. Be sure to include the approximate amount of each food.

Patient: _____

When you have completed this booklet, return it to your health care professional for evaluation.

Address: _____

Your diet may be the key to better health.

Health Care Professional: _____

Day 1 - Date: _____

BREAKFAST:

Meat & Dairy:

 Vegetables & Fruits:

 Breads, Cereals, & Grains:

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

 Candy, Sweets, & Junk Food:

 Drinks:

LUNCH:

Meat & Dairy:

 Vegetables & Fruits:

 Breads, Cereals, & Grains:

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

 Candy, Sweets, & Junk Food:

 Drinks:

DINNER:

Meat & Dairy:

 Vegetables & Fruits:

 Breads, Cereals, & Grains:

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

 Candy, Sweets, & Junk Food:

 Drinks:

MID-MORNING SNACK:

MID-AFTERNOON SNACK:

NIGHTTIME SNACK:

Day 2 - Date: _____

BREAKFAST:

Meat & Dairy:

 Vegetables & Fruits:

 Breads, Cereals, & Grains:

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

 Candy, Sweets, & Junk Food:

 Drinks:

LUNCH:

Meat & Dairy:

 Vegetables & Fruits:

 Breads, Cereals, & Grains:

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

 Candy, Sweets, & Junk Food:

 Drinks:

DINNER:

Meat & Dairy:

 Vegetables & Fruits:

 Breads, Cereals, & Grains:

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

 Candy, Sweets, & Junk Food:

 Drinks:

MID-MORNING SNACK:

MID-AFTERNOON SNACK:

NIGHTTIME SNACK:

Day 3 - Date: _____

BREAKFAST:

Meat & Dairy:

 Vegetables & Fruits:

 Breads, Cereals, & Grains:

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

 Candy, Sweets, & Junk Food:

 Drinks:

LUNCH:

Meat & Dairy:

 Vegetables & Fruits:

 Breads, Cereals, & Grains:

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

 Candy, Sweets, & Junk Food:

 Drinks:

DINNER:

Meat & Dairy:

 Vegetables & Fruits:

 Breads, Cereals, & Grains:

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

 Candy, Sweets, & Junk Food:

 Drinks:

MID-MORNING SNACK:

MID-AFTERNOON SNACK:

NIGHTTIME SNACK:

Spicer Wellness Center

Day 4 - Date: _____

BREAKFAST:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

LUNCH:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

DINNER:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

MID-MORNING SNACK:

MID-AFTERNOON SNACK:

NIGHTTIME SNACK:

Day 5 - Date: _____

BREAKFAST:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

LUNCH:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

DINNER:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

MID-MORNING SNACK:

MID-AFTERNOON SNACK:

NIGHTTIME SNACK:

Day 6 - Date: _____

BREAKFAST:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

LUNCH:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

DINNER:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

MID-MORNING SNACK:

MID-AFTERNOON SNACK:

NIGHTTIME SNACK:

Day 7 - Date: _____

BREAKFAST:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

LUNCH:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

DINNER:

Meat & Dairy:
Vegetables & Fruits:
Breads, Cereals, & Grains:
Fats (butter, margarine, oils, etc.):
Candy, Sweets, & Junk Food:
Drinks:

MID-MORNING SNACK:

MID-AFTERNOON SNACK:

NIGHTTIME SNACK: