



Food Diary

Tips for Keeping a Food Diary

- Keep track of what you eat for two (2) weekdays and one (1) weekend day.
- Use a separate diary page for each day.
- Use the sample food diary and the handout “Serving Size” guidelines to help you fill in your food diary.
- Check off the boxes at the bottom based on the number of servings of each type of food you ate each day.

My Daily Food Diary

Name: _____

Date: _____

Time of Day	What I Ate	How Much?

Summary

Vegetables and Fruit ... □□□□□□□-□□□

Milk & Alternatives □□□

Fats & Oils □□□-□□□-□□□

Grains, Cereals and Starches ...□□□□□□-□□

Meat & Alternatives □□-□

Other Foods □□□□□□□□
 (Include: cookies, candy, chocolate, etc.)

Current Supplements and Dosage: _____

My Daily Food Diary

Name: _____

Date: _____

Time of Day	What I Ate	How Much?

Summary

Vegetables and Fruit ... □□□□□□□-□□□

Milk & Alternatives □□□

Fats & Oils □□□-□□□-□□□

Grains, Cereals and Starches ...□□□□□□-□□

Meat & Alternatives□□-□

Other Foods □□□□□□□□
(Include: cookies, candy, chocolate, etc.)

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Grains, Cereals and Starches ...□□□□□□-□□

Meat & Alternatives□□-□

Other Foods □□□□□□□□
(Include: cookies, candy, chocolate, etc.)

Current Supplements and Dosage: _____