

Food Diary

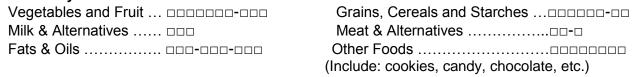
Tips for Keeping a Food Diary

- 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.

Example: My Daily Food Diary

Time of Day	What I Ate (Please provide details)	How Much?
8:00 a.m.	-Whole grain bread with margarine -Banana, medium -1% milk -Coffee	2 slices, 2 tsps. 1 8 oz or 1 cup (250 ml) 1 tbsp cream, 1 tsp sugar
10:00 a.m.	Apple, medium	1
1:00 p.m.	 Sardines, canned, packed in lemon juice Rye bread Cherry tomatoes Clementines 	1 can (has 4 sardines) 2 slices of rye bread ½ cup or 6 2
4:30 p.m.	- Plain 1% M.F. yogurt with added cinnamon - Unsalted almonds	- ¾ cup - ¼ cup
7:00 p.m.	Salmon, grilled with dressing Dressing: olive oil, lemon juice, spices Wild rice Spinach, steamed with mushrooms Broccoli, steamed, plain	6 oz 1 tbsp oil 1 cup, cooked 1 cup + 1 tsp oil 1 cup, no oil

Summary



Current Supplements and Dosage: Vitamin D, 1000 IU

My Daily Food Diary

Name:		Date:		
Time of Day	Wha	at I Ate	How Much?	
Summary				
Vegetables and Fruit □□□□□□□-□□□		Grains, Cereals and Starches □□□□□□□□□		
Milk & Alternatives □□□		Meat & Alternatives □□-□		
Fats & Oils		Other Foods □□□□□□□□ (Include: cookies, candy, chocolate, etc.)		
Current Supplements and Dosage:				

My Daily Food Diary

Name:	Date:			
Time of Day	Wha	t I Ate	How Much?	
Summary				
Vegetables and Fruit □□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□□			nd Starches □□□□□□□□□□	
Milk & Alternatives □□□ Fats & Oils		Meat & Alternatives □□-□ Other Foods □□□□□□□□□		
		(Include: cookies, candy, chocolate, etc.)		
Current Supplements and Dosage:				

My Daily Food Diary

Name:		Date:		
Time of Day	Wha	t I Ate	How Much?	
Summary				
Summary Vegetables and Fruit □□□□□□]	Grains, Cereals a	nd Starches□□□□□□-□□	
Milk & Alternatives		Meat & Alternatives		
Fats & Oils		Other Foods		
Current Supplements and Dosage:				