## 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 <br> －Banana，medium <br> －1\％milk <br> －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 <br> －Rye bread <br> －Cherry tomatoes <br> －Clementines | 1 can（has 4 sardines） <br> 2 slices of rye bread $1 / 2$ cup or 6 2 |
| 4：30 p．m． | －Plain 1\％M．F．yogurt with added cinnamon <br> －Unsalted almonds | － $3 / 4$ cup <br> － $1 / 4$ cup |
| 7：00 p．m． | Salmon，grilled with dressing <br> Dressing：olive oil，lemon juice，spices <br> Wild rice <br> Spinach，steamed with mushrooms <br> Broccoli，steamed，plain | 6 oz <br> 1 tbsp oil <br> 1 cup，cooked <br> 1 cup＋ 1 tsp oil <br> 1 cup，no oil |

## Summary


Milk \＆Alternatives $\qquad$
Fats \＆Oils $\qquad$


Grains，Cereals and Starches $\qquad$ 모ํロローロロ Meat \＆Alternatives $\qquad$
Other Foods $\qquad$ （Include：cookies，candy，chocolate，etc．）

Current Supplements and Dosage：Vitamin D， 1000 IU

# My Daily Food Diary 

Name： $\qquad$
$\qquad$

| Time of Day | What I Ate | How Much？ |
| :---: | :---: | :---: |
|  |  |  |

## Summary

Vegetables and Fruit ．．．ㅁำดロロローロロロ
Milk \＆Alternatives ．．．．．．$\square$ ㅁㅁ
Fats \＆Oils ．．．．．．．．．．．．．．．．ㅁำ－ロロロ－ロロロ

Grains，Cereals and Starches ．．．ㅁำดローㅁㅁ
Meat \＆Alternatives $\qquad$ ㅁㅁㅁ
Other Foods $\qquad$
（Include：cookies，candy，chocolate，etc．）

## My Daily Food Diary

Name： $\qquad$ Date：

| Time of Day | What I Ate | How Much？ |
| :---: | :---: | :---: |
|  |  |  |

## Summary


Milk \＆Alternatives $\qquad$
Fats \＆Oils $\qquad$ ㅁロ－ロロロ－ロロロ

Meat \＆Alternatives $\qquad$ ㅁㅁ－ロ

Other Foods $\qquad$
 （Include：cookies，candy，chocolate，etc．）

## My Daily Food Diary

Name： $\qquad$ Date： $\qquad$

| Time of Day | What I Ate | How Much？ |
| :---: | :---: | :---: |
|  |  |  |

## Summary


Milk \＆Alternatives $\qquad$
Fats \＆Oils $\qquad$ ㅁロ－ロロロ－ロロロ

Meat \＆Alternatives $\qquad$ ㅁㅁ－ロ

Other Foods $\qquad$ ㅁำดロロロ （Include：cookies，candy，chocolate，etc．）

