## Daily Record of Food Intake | Your diet may be the key to better health.

Name:

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.



Meai & Dairy:		
Vegetables & Fruits:		
Breads, Cereals, & Grains:		
Hats (butter, marganne, oils, etc.):		
Candy, Sweets. & Junk Food:		
Water Intake (il. oz.):		
Other Drinks:		
MED-MIDRNING SNACK Time	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:	7: ¥	
Bowel Movements (# and ansistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 2 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:	Manual Annual	
Vegetables & Fruits:		
Breads, Cereals, & Grains:		· · ·
Fats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Water Intake (fl. oz.):	· · · · · · · · · · · · · · · · · · ·	
Other Drinks:		
MID-MOPPING SNACK Time	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel Movements(# and amistericy):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 3 - Date: BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
Vegetables & Fruits:		×
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils, etc.):	X	
Candy, Sweets, & Junk Food:		
Water Intake (fl. oz.):		
Other Drinks:		
MD-MOPUNG SNACK Time	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel Movements (# and ansistery):	Hours of Sleep:	Quality of Sleep: (1900) 1 2 3 4 5 (1900)
Notes:	· · · · · · · · · · · · · · · · · · ·	

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Matt 2 Daily:     Vogetables & Fruits:       Breads, Careads, & Grains:     Fals fulter, margarine, oils, etc.):       Cardof, Sweets, & Junk Food:     MID-DAY SMACK Time:       MID-DAY SMACK Time:     MID-DAY SMACK Time:       Bowel Movements(st and omsisters):     Hours of Steep:       Day 5 - Date:     Day       BREAKFAST Time:     LUNCH Time:       Day 5 - Date:     Day       Breads, Careads, & Grains:     Fals fulter, margarine, oils, etc.):       Candy, Sweets, & Junk Food:     MID-DAY SMACK Time:       MID-DAY SMACK Time:     MID       Breads, Careads, & Grains:     Fals fulter, margarine, oils, etc.):       Candy, Sweets, & Junk Food:     MID-DAY SMACK Time:       MID-MORING SMACK Time:     MID-DAY SMACK Time:       MID-DAY SMACK Time:     <	INNER Time: GHTTIME SNACK Time: ality of Sleep: (good) 1 2 3 4 5 (poor)
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Other Drinks:       MID-DAY SNACK Time       MID-DAY SNACK Time         MID-DAY SNACK Time       MID-DAY SNACK Time       MID         Bowel Movements(e and constancy):       Hours of Sleep:       Qe         Day 5 - Date:       BREAKFAST Time       LUNCH Time       Di         BREAKFAST Time:       LUNCH Time:       Di       Mid-Day SNACK Time:       Di         Wegetables & Fuits:       Breads, Carcals, & Grains:       Endst.       Endst. <td></td>	
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Breads, Cereals, & Grains:	
Fats (butter, margarine, oils, etc.):	
Candy, Sweets, & Junk Food:	
Water Intake (fl. oz.):	
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MD-MORNING SMACK Time	
Snack:	
Bowel Movements(# and consistency): Hours of Sleep: Quali	TTIME SNACK Time: