

Food Diary

Name _____

Instructions: Record all food and fluids you consume for 3 days. Try to pick somewhat usual days for you (i.e. not a holiday). Be sure to include amounts of each item. For example: 1/2 cup, 2 oz, 5 bites, 1 slice, whole package.

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Breakfast Time _____			
Snack Time _____			
Lunch Time _____			
Snack Time _____			
Dinner Time _____			
Snack Time _____			
Fluids between eating times			