

Nutrition Journal - SAMPLE

Name: *Tamar Kirk*

Day/Date: *Sunday, November 14, 2021*

| Time | Occasion | Where | With Whom | Other activity | State of mind | Description of food | Calories | Saturated Fat, grams | Protein, grams | Fiber, grams | Iron, mg |
|------|-----------|---------------|---------------|-----------------------------|-----------------|--|--------------|----------------------|----------------|--------------|-------------|
| 8am | breakfast | Kitchen table | husband | Talking | Content | Kellogg's Corn flakes 1 cup | 101 | 0.5 | 1.85 | 0.7 | 0.5 |
| | | | | | | ½ cup 2% milk | 130 | 3 | 8 | 0 | 0 |
| | | | | | | ½ cup strawberries | 27 | 0 | 0.5 | 1.6 | 0 |
| | | | | | | Black coffee, cup | 0 | 0 | 0 | 0 | 0 |
| 8:15 | Snack | My car | Alone | Driving | Stressed | Glazed donut | 269 | 7 | 4 | 1 | 2 |
| 9am | Snack | Work | Co-worker Ann | | Guilty | Water | 0 | 0 | 0 | 0 | 0 |
| 12pm | Lunch | Desk at work | Ann & Tim | Interacting with co-workers | Relaxed, joking | Quarter pounder with cheese | 530 | 13 | 29 | 3 | 4.1 |
| | | | | | | Unsweetened ice tea | 0 | 0 | 0 | 0 | 0 |
| 3pm | Snack | Desk at work | Alone | Paperwork | Stressed | Kit-Kat chocolate bar | 218 | 7.5 | 2.7 | 0.4 | 1 |
| 6pm | Dinner | Sofa | Husband | Watching tv | Trying to relax | Marie Callender's chicken pot pie | 410 | 9 | 11 | 4 | 4.8 |
| | | | | | | Salad, iceberg, 1 cup | 10 | 0 | 0.9 | 0.9 | 0 |
| | | | | | | Kraft 1000 Island Salad dressing, 2 T | 130 | 2 | 0 | 0 | 0 |
| | | | | | | Croutons, 1/4 cup | 132 | 1.6 | 3 | 1.4 | 0 |
| | | | | | | Sweet tea, 1 cup | 80 | 0 | 0 | 0 | 0 |
| 11pm | Snack | Sofa | Husband | Watching tv | Getting sleepy | Chocolate ice cream, 1 cup | 280 | 9 | 4 | 0 | 1.2 |
| | | | | | | My total for the day | 2,317 | 52.15 | 64.95 | 12.37 | 13.6 |
| | | | | | | USDA Recommendations https://www.nal.usda.gov/fnic/dri-calculator/index.php | 2,310 | < 25 | 44 | 25 | 18 |

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|----------------------|----------|-------|-----------|----------------|---------------|---------------------|----------|----------------------|----------------|--------------|----------|
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| MY TOTAL FOR THE DAY | | | | | | | | | | | |
| USDA Recommendations | | | | | | | | | | | |