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

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.



Name:		
Day 1 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		-
Vegetables & Fruits:		
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Vater Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 2 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
Vegetables & Fruits:		
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Nater Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
<b>Bowel Movements</b> (# and consistency):	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.):		
Candy, Sweets, & Junk Food:		
Nater Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		· · · · · · · · · · · · · · · · · · ·
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Notes:		
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Day 4 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy: Vegetables & Fruits:		and a second sec
Breads, Cereals, & Grains:		an anna ann an an an an an an ann an ann an a
Fats (butter, margarine, oils, etc.):	1.11.11.1.1.1.1.1.1.1.1.1.1.1.1.1.1.1.	· · · · · · · · · · · · · · · · · · ·
Candy, Sweets, & Junk Food:	an and a second s	and the second
Water Intake (fl. oz.):		and the structure and the second s
Other Drinks: MID-MORNING SNACK Time:	MID DAY SNACK m	
Snack:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Bowel Movements(# and consistency):	Hours of Sleep:	Quality of Sloop: (and 1 - 2 - 2 - A - E true)
Dower movements(# and consistency).		Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 5 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
Vegetables & Fruits:		
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils, etc.):	1	
Candy, Sweets, & Junk Food:		
Water Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 6 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:	a se anna anna anna an an anna anna anna	
Vegetables & Fruits:		
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils, etc.):		ang mang dang mang mang mang mang di kanang di kanang mang mang mang mang mang mang mang
Candy, Sweets, & Junk Food:	a serve para - la apparez de server ante para a construction de construction	
Water Intake (fl. oz.):	6. • 2. • 6. • • • • • • • • • • • • • • • • •	
Other Drinks:		
MID-MORNING SNACK Tume:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:	· · · · · · · · · · · · · · · · · · ·	
<b>Bowel Movements</b> (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Day 7 - Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
Vegetables & Fruits:		
Breads, Cereals, & Grains:		
Fats (butter, margarine, oils, etc.):		
Candy, Sweets, & Junk Food:		
Water Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:		NIGHTTIME SNACK Time:
Snack:		
Bowel Movements (# and consistency):		Quality of Sleep: (good) 1 2 3 4 5 (poor)
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