## **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.



Day 1—Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat and dairy:		<u>'</u>
Vegetables and fruits:		
Breads, cereals, and grains:		
Fats (butter, margarine, oil, etc.):		
Candy, sweets, and junk food:	*	
Water intake (fl. oz.):		
Other drinks:		
MIDMORNING SNACK Time:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
<b>Bowel movements</b> (number 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 and dairy:		
Vegetables and fruits:		
Breads, cereals, and grains:		
Fats (butter, margarine, oil, etc.):		
Candy, sweets, and junk food:		
Water intake (fl. oz.):		
Other drinks:		
MIDMORNING SNACK Time:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
<b>Bowel movements</b> (number 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 and dairy:		
Vegetables and fruits:		
Breads, cereals, and grains:		
Fats (butter, margarine, oil, etc.):		
Candy, sweets, and junk food:		
Water intake (fl. oz.):		
Other drinks:		
MIDMORNING SNACK Time:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
<b>Bowel movements</b> (number and consistency):	Hours of sleep:	Quality of sleep: (good) 1 2 3 4 5 (poor)
Notes:		

BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat and dairy:		
/egetables and fruits:		
Breads, cereals, and grains:		
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Candy, sweets, and junk food:		
Vater intake (fl. oz.):		
Other drinks:		
MIDMORNING SNACK Time:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
<b>Bowel movements</b> (number and consistency):	Hours of sleep:	Quality of sleep: (good) 1 2 3 4 5 (poor)
Day 5—Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat and dairy:		
egetables and fruits:		
Breads, cereals, and grains:		
fats (butter, margarine, oil, etc.):		
Candy, sweets, and junk food:		
Nater intake (fl. oz.):		
Other drinks:		
MIDMORNING SNACK Time:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel movements (number and consistency):	Hours of sleep:	Quality of sleep: (good) 1 2 3 4 5 (poor
Day 6—Date:		
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	LUNCH Time:	DINNER Time:
BREAKFAST Time:	LUNCH Time:	DINNER Time:
BREAKFAST Time:  Meat and dairy:	LUNCH Time:	DINNER Time:
BREAKFAST Time:  Meat and dairy:  Vegetables and fruits:	LUNCH Time:	DINNER Time:
BREAKFAST Time:  Meat and dairy:  Vegetables and fruits:  Breads, cereals, and grains:	LUNCH Time:	DINNER Time:
BREAKFAST Time:  Meat and dairy:  Vegetables and fruits:  Breads, cereals, and grains:  Fats (butter, margarine, oil, etc.):	LUNCH Time:	DINNER Time:
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