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, Cereais, & Grains: | | |
| Fats (butter, margarine, oils, etc.): | | |
| Candy, Sweets, & Junk Fcod: | | |
| 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 2 - Date: | | |
| BREAKFAST Time: | LUNCH Time: | DINNER Time: |
| Meat & Dairy: | | |
| /egelables & Fruits: | | |
| Breads, Cereals, & Grains: | | |
| Fats (butter, margarine, oils, etc.): | | |
| 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 3 - Date: | | |
| BREAKFAST Time: | LUNCH Time: | DINNER Time: |
| Meat & Dairy: | | |
| /egetables & Fruits: | | |
| Breads, Cereals, & Grains: | | |
| fats (butter, margarine, oils, etc.): | | |
| Candy, Sweets, & Junk Food: | | |
| Valer Intake (fl. öz.): | | |
| 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: | | |

| Day 4 - Date: BREAKFAST Time: | LUNCH Time: | DINNER Time: |
|--|---------------------|---|
| feat & Dairy: | | |
| egetables & Fruits: | | |
| reads, Cereals, & Grains: | | |
| ats (butter, margarine, oils, etc.): | | |
| andy, Sweets, & Junk Food: | | |
| Vater Intake (fl. oz.): | | |
| ther Drinks: | | |
| MID-MORNING SNACK Time: | MID-DAY SNACK Time: | NIGHTTIME SNACK Time: |
| nack: | | |
| Rowel Movements (# and consistency): | Hours of Sleep: | Quality of Sleep: (good) 1 2 3 4 5 (poor) |
| Day 5 - Date: | | |
| BREAKFAST Time: | LUNCH Time: | DINNER Time: |
| Aleat & Dairy: | | |
| egetables & Fruits: | | |
| reads, Cereals, & Grains: | | |
| ats (butter, margarine, oils, etc.): | | |
| andy, Sweets, & Junk Food: | | |
| Valer intake (fl. oz.): | | |
| ther Drinks: | | |
| MID-MORNING SNACK Time: | MID-DAY SNACK Time: | NIGHTTIME SNACK Time: |
| 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: |
| Aeat & Dairy: | | |
| egetables & Fruits: | | |
| reads, Cereals, & Grains: | | |
| ats (butter, margarine, oils, etc.): | | |
| Candy, Sweets, & Junk Food: | | |
| Vater Intake (fl. cz.): | | |
| Other Drinks: | | |
| MID-MORNING SNACK Time: | MID-DAY SNACK Time: | NIGHTTIME SNACK Time: |
| Spack: Bowel Movements(# and consistency): | Hours of Sleep: | Quality of Sleep: (good) 1 2 3 4 5 (poor) |
| Day 7 - Date: | | |
| BREAKFAST Time: | LUNCH Time: | DINNER Time: |
| Jeat & Dairy: | | |
| and the second s | | |
| /agotables & Fruits: | | |
| | | |
| breads, Cereals, & Grains: | | |
| reads, Cereals, & Grains: ats (butter, margarine, oils, etc.): | | |
| treads, Cereals, & Grains: 'ats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: | | |
| Breads, Cereals, & Grains: Fats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Water Intake (fl. oz.): | | |
| treads, Cereals, & Grains: iats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food: Water Intake (fl. oz.): Other Drinks: | MID-DAY SNACK Time: | NIGHTTIME SNACK Time: |
| /egotables & Fruits: Breads, Cereals, & Grains: Fats (butter, margurine, oils, etc.): Candy, Sweets, & Junk Food: Water Intake (fl. oz.): Dither Drinks: MID-MORNING SNACK Time: Snack: | MID-DAY SNACK Time: | NIGHTTIME SNACK Time: |