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 - Datë:		
Duy 1 - Dutte: BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:	LONGII TIME:	DINNER TIME:
/egetables & Fruits:	,	
Breads, Cereals, & Grains:		
Tats (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:
Bnack:	mid-DAI ORAGE Time.	Manifilm ONAOK 11me.
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:		
Water Intake (fl. oz.):		
Other Drinks:		
MID-MORNING SNACK Time:	MID-DAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		. May the constitution of
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:		
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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BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat & Dairy:		
egetables & Fruits:		
reads, Cereals, & Grains:		
ats (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:
inack:		-
Bowel 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:
Meat & Dairy:		
regetables & Fruits:		
reads, Cereals, & Grains:		
ats (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:
nack:		
Bowel Movements (# and consistency):	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
	Hours of Sleep:	Quality of Sleep: (good) 1 2 3 4 5 (poor)
Rowel Movements (# and consistency): Day 6 - Date:	Hours of Sleep: LUNCH Time:	Quality of Sleep: (good) 1 2 3 4 5 (poor) DINNER Time:
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Cowel Movements (# and consistency): Day 6 - Date: REAKFAST Time: Pleat & Dairy: egetables & Fruits: reads, Cereals, & Grains:		
Cowel Movements (# and consistency): Day 6 - Date: BREAKFAST Time: Aleat & Dairy: Alegetables & Fruits: Breads, Cereals, & Grains: ats (butter, margarine, oils, etc.):		
Cowel Movements (# and consistency): Day 6 - Date: BREAKFAST Time: Meat & Dairy: degetables & Fruits: breads, Cereals, & Grains: ats (butter, margarine, oils, etc.): Candy, Sweets, & Junk Food:		
Powel Movements (# and consistency): Day 6 - Date: BREAKFAST Time: Aleat & Dairy: Alegetables & Fruits: Breads, Cereals, & Grains: Bats (butter, margarine, oils, etc.): Bandy, Sweets, & Junk Food: Vater Intake (II. oz.):		
Cowel Movements (# and consistency): Day 6 - Date: DREAKFAST Time: Aleat & Dairy: Alegetables & Fruits: Breads, Cereals, & Grains: ats (butter, margarine, oils, etc.): Bready, Sweets, & Junk Food: Vater Intake (II. oz.): Bither Drinks:		
Powel Movements (# and consistency): Day 6 - Date: BREAKFAST Time: Pleat & Dairy: Legetables & Fruits: Legetables & Fruits: Legetables & Grains: Le	LUNCH Time:	DINNER Time:
Cowel Movements(# and consistency): Day 6 - Date: BREAKFAST Time: Aleat & Dairy: Alegetables & Fruits: Breads, Cereals, & Grains: ats (butter, margarine, oils, etc.): Bready, Sweets, & Junk Food: Water Intake (fl. oz.): Butter Drinks: MID-MORNING SNACK Time: Brinack:	LUNCH Time:	DINNER Time:
Powel Movements (# and consistency): Day 6 - Date: BREAKFAST Time: Aleat & Dairy: Alegetables & Fruits: Breads, Cereals, & Grains: Bandy, Sweets, & Junk Food: Vater Intake (II. oz.): Bither Drinks: MID-MORNING SNACK Time: Binack: Bowel Movements (# and consistency):	LUNCH Time: MID-DAY SNACK Time:	DINNER Time: NIGHTTIME SNACK Time:
Pay 6 - Date: PREAKFAST Time: Pleat & Dairy: Pleat	LUNCH Time: MID-DAY SNACK Time:	DINNER Time: NIGHTTIME SNACK Time:
Powel Movements (# and consistency): Property of a Date: Property of a	LUNCH Time: MID-DAY SNACK Time: Hours of Sleep:	DINNER Time: NIGHTTIME SNACK Time: Quality of Sleep: (good) 1 2 3 4 5 (poor)
Cowel Movements (# and consistency): Day 6 - Date: PREAKFAST Time: Pleat & Dairy: Regetables & Fruits: Reads, Cereals, & Grains: Rats (butter, margarine, oils, etc.): Randy, Sweets, & Junk Food: Plater Intake (fl. oz.): ### Time: ### REAKFAST Time: Read & Dairy:	LUNCH Time: MID-DAY SNACK Time: Hours of Sleep:	DINNER Time: NIGHTTIME SNACK Time: Quality of Sleep: (good) 1 2 3 4 5 (poor)
Powel Movements (# and consistency): Day 6 - Date: PREAKFAST Time: Pleat & Dairy: Pleat & Dairy: Pleat & Dairy: Pleat & Grains: Pleat & Grains: Pleat & Dairy: Pleat	LUNCH Time: MID-DAY SNACK Time: Hours of Sleep:	DINNER Time: NIGHTTIME SNACK Time: Quality of Sleep: (good) 1 2 3 4 5 (poor)
Pay 6 - Date: BREAKFAST Time: Aleat & Dairy: Alegetables & Fruits: Breads, Cereals, & Grains: Breads, Cereals, & Grains: Breads, Cereals, & Junk Food: Water Intake (fl. oz.): Breads (fl. oz.): B	LUNCH Time: MID-DAY SNACK Time: Hours of Sleep:	DINNER Time: NIGHTTIME SNACK Time: Quality of Sleep: (good) 1 2 3 4 5 (poor)
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Pay 6 - Date: BREAKFAST Time: Aleat & Dairy: Aleate &	LUNCH Time: MID-DAY SNACK Time: Hours of Sleep:	DINNER Time: NIGHTTIME SNACK Time: Quality of Sleep: (good) 1 2 3 4 5 (poor)
Pay 6 - Date: BREAKFAST Time: Aleat & Dairy: Alegetables & Fruits: Breads, Cereals, & Grains: Bready, Sweets, & Junk Food: Water Intake (fl. oz.): Browel Movements(# and consistency): Breads & Dairy: Alegetables & Fruits: Breads & Dairy: Alegetables & Fruits: Breads & Dairy: Alegetables & Fruits: Breads & Grains: Breads & Grains: Breads & Grains: Breads & Grains: Breads & Sweets, & Junk Food: Bready, Sweets, & Junk Food: Water Intake (fl. oz.): Bready, Sweets, & Junk Food: Water Intake (fl. oz.): Bready, Sweets, & Junk Food: Water Intake (fl. oz.): Breads & Brinks: Breads & Grains: Breads &	LUNCH Time: MID-DAY SNACK Time: Hours of Sleep:	DINNER Time: NIGHTTIME SNACK Time: Quality of Sleep: (good) 1 2 3 4 5 (poor)
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