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|  | **Food Journal** |  |
|  | |  |  |  | | --- | --- | --- | | 12/14/2020 | **Yesterday** | Today | |  |
|  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Food** | |  |  | | --- | --- | | Cheesecake | **v** | | | | | Sugar (per serving) | **……………………** | 27g | | | Serving Size | **…………………...** | **2.5** | | |  |  |  | Add Food | |  |
|  | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Nutrient Goal** | **< 50g** of | |  |  | | --- | --- | | Sugar | **v** | | | | **Intake** for 12/15/2020 | **67.5g** of | |  |
|  | |  |  |  |  |  | | --- | --- | --- | --- | --- | |  | Print | Undo | **Save** |  | |  |
|  |  |  |