Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food Diary

|  |  |  |  |
| --- | --- | --- | --- |
| **Time/ Meal** | **Food/Beverage (type and amount)** | **Calories** | **Notes** |
| Breakfast |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Snack |  |  |  |
|  |  |  |  |
| Lunch |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Snack |  |  |  |
|  |  |  |  |
| Dinner |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| Snack |  |  |  |
| **Total Calories Per Day** |  |  |  |

What Contributes To Healthy Eating Plate