

Daily Record of Food Intake

Day One

Date:

Breakfast:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Breakfast and Lunch:

Lunch:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Lunch and Dinner:

Dinner:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Dinner and Bedtime:

Daily Record of Food Intake

Day Two

Date:

Breakfast:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Breakfast and Lunch:

Lunch:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Lunch and Dinner:

Dinner:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Dinner and Bedtime:

Daily Record of Food Intake

Day Three

Date:

Breakfast:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Breakfast and Lunch:

Lunch:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Lunch and Dinner:

Dinner:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Dinner and Bedtime:

Daily Record of Food Intake

Day Four

Date:

Breakfast:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Breakfast and Lunch:

Lunch:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Lunch and Dinner:

Dinner:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Dinner and Bedtime:

Daily Record of Food Intake

Day Five

Date:

Breakfast:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Breakfast and Lunch:

Lunch:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Lunch and Dinner:

Dinner:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Dinner and Bedtime:

Daily Record of Food Intake

Day Six

Date:

Breakfast:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Breakfast and Lunch:

Lunch:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Lunch and Dinner:

Dinner:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Dinner and Bedtime:

Daily Record of Food Intake

Day Seven

Date:

Breakfast:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Breakfast and Lunch:

Lunch:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Lunch and Dinner:

Dinner:

Meat and Dairy Foods:

Vegetables and Fruits:

Cereal Foods:

Candy and Other Sweets:

Drinks:

Between Dinner and Bedtime: