

Daily Record of Food Intake

Patient Name: _____

Day 1 – Date: _____

Breakfast:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Lunch:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Dinner:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils)

Candy, Sweets & Junk Food

Drinks

Mid-Morning Snack:

Mid-Afternoon Snack:

Nighttime Snack:

Day 2 – Date: _____

Breakfast:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Lunch:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Dinner:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils)

Candy, Sweets & Junk Food

Drinks

Mid-Morning Snack:

Mid-Afternoon Snack:

Nighttime Snack:

Day 3 – Date: _____

Breakfast:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Lunch:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Dinner:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils)

Candy, Sweets & Junk Food

Drinks

Mid-Morning Snack:

Mid-Afternoon Snack:

Nighttime Snack:

Day 4 – Date: _____

Breakfast:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Lunch:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Dinner:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils)

Candy, Sweets & Junk Food

Drinks

Mid-Morning Snack:

Mid-Afternoon Snack:

Nighttime Snack:

Day 5 – Date: _____

Breakfast:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Lunch:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Dinner:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils)

Candy, Sweets & Junk Food

Drinks

Mid-Morning Snack:

Mid-Afternoon Snack:

Nighttime Snack:

Day 6 – Date: _____

Breakfast:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Lunch:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils and Fats)

Candy, Sweets & Junk Food

Drinks

Dinner:

Meat & Dairy

Vegetables & Fruits

Breads, Cereals and Grains

Fats (Butter, Margarine, Oils)

Candy, Sweets & Junk Food

Drinks

Mid-Morning Snack:

Mid-Afternoon Snack:

Nighttime Snack:

Notes: