

NUTRITION SERVICES

Food Log

NAME

INSTRUCTIONS:

- Write down everything you eat or drink (including water and alcohol) for 3 days.
- Try to include at least 1 weekend day.
- Note what time, where, and the approximate amount of foods/beverages you eat/drink.

	TIME	PLACE	FOOD/DRINK	AMOUNT
EXAMPLE	8 a.m.	Home	Cheerios w/ 1% milk	1 cup each
	12 noon	Subway	Ham & cheese sub Chips Lemonade	6" sub Grab bag chips 20 oz.
	6 p.m.	Dining hall	Spaghetti Salad w/Italian dressing Brownie	2 cups 1 cup/3 Tbsp. Medium
DAY 1				
DAY 2				

	TIME	PLACE	FOOD/DRINK	AMOUNT
DAY 3				

<i>For office use</i>							
	Vegetables	Fruit	Grains	Meat & Beans	Dairy	Oils/Fats	Other
Actual							
Recommended							