

Name: _____



FOOD INTAKE DIARY

For each entry please include all ingredients, amount eaten and beverages.

For example: Sandwich with 2 pieces of bread, 2 slices of turkey, lettuce, mayo. 8 oz cup orange juice, bag of tortilla chips, medium apple, small piece of chocolate cake

Date:

Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	
Other snacks, etc.	