

Nutrition Daily Food Diary
6AM to Noon

Today's Date: _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Beverage _____ Calories _____ ounces

Beverage _____ Calories _____ ounces

Noon to 6PM

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Beverage _____ Calories _____ ounces

Beverage _____ Calories _____ ounces

6PM to Midnight

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Beverage _____ Calories _____ ounces

Beverage _____ Calories _____ ounces

Midnight to 6AM

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Food _____ Calories _____

Beverage _____ Calories _____ ounces

Beverage _____ Calories _____ ounces

Today's Totals

Calories _____

Servings of fruits and/or vegetables _____ (5 to 9 servings per day)

Servings of whole grains or cereals _____ (at least 3 servings per day)

Servings of dairy or calcium foods _____ (3 servings per day)

Servings of proteins _____ (2 to 3 servings per day)

Servings of healthy fats _____ (for example, omega-3 EFAs, Olive Oil)

Ounces of water or fluids _____ (goal _____ ounces per day)

Notes: