|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| ***Sample Food Diary*** compliments of www.caloriecontrol.org | | | | | | | | |
|  |  |  |  |  |  |  |  |  |
| **DAY:** Wednesday, May 15, 2001 | | |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **Breakfast** |  |  |  |  |  | **Calories** |  | **Fat (gms)** |
| 1 small plain bagel | |  |  |  |  | 170 |  | 0 |
| 1 Tbsp. reduced-calorie margarine | | | |  |  | 54 |  | 6 |
| 3 Tbsp. reduced-calorie jelly | | |  |  |  | 18 |  | 0 |
| 6 oz. orange juice | |  |  |  |  | 83 |  | 0 |
| 1 whole kiwi fruit | |  |  |  |  | 46 |  | 0.3 |
|  |  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |  |
| 2 sl. whole wheat light bread | | |  |  |  | 90 |  | 1 |
| 2 Tbsp. mustard | |  |  |  |  | 22 |  | 1.4 |
| 3.5 oz. smoked turkey | | |  |  |  | 120 |  | 4 |
| 3 sl. tomato | |  |  |  |  | 12 |  | 0 |
| 1/2 c. lettuce | |  |  |  |  | 5 |  | 0 |
| 4 sl. pickle | |  |  |  |  | 18 |  | 0.1 |
| 2 oz. Swiss cheese | |  |  |  |  | 190 |  | 14 |
| 1 oz. low-fat potato chips | | |  |  |  | 110 |  | 2 |
| 1 diet Coke | |  |  |  |  | 0 |  | 0 |
| 1 small apple | |  |  |  |  | 81 |  | 0.5 |
|  |  |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |  |
| 2 c. spaghetti (cooked) | | |  |  |  | 318 |  | 2 |
| 3 oz. meatballs | |  |  |  |  | 234 |  | 18 |
| 1/2 c. spaghetti sauce (meat flavor) | | | |  |  | 100 |  | 6 |
| 1 c. broccoli in butter sauce | | |  |  |  | 80 |  | 4 |
| 2 small breadsticks | |  |  |  |  | 46 |  | 0.4 |
| 1 c. low-fat sherbert | |  |  |  |  | 270 |  | 4 |
| 1 c. 1% milk | |  |  |  |  | 102 |  | 3 |
|  |  |  |  |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |  |  |  |
| 1 c. fruit low-fat yogurt | |  |  |  |  | 225 |  | 3 |
| 4 pieces melba toast | |  |  |  |  | 60 |  | 0.8 |
| 2 c. light popcorn | |  |  |  |  | 50 |  | 1 |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **Total** |  | **Total** |
|  |  |  |  |  |  | 2504 calories | | 71.5 grams |
|  |  |  |  |  |  |  |  |  |
| **Water Consumption:**document the amount of water consumed throughout the day | | | | | | | |  |
| Most health professionals recommend between 8 and 12 cups per day! | | | | | | |  |  |
| Check off the boxes as you drink your water. | | | | |  |  |  |  |
|  | | | | | | | | |