



## Food Intake Log

Time	Day	Food	Amount	Brand name	Where was food eaten	MACRO	Hunger	MICRO

Hunger= very hungry(VH), hungry (H), satisfied (S), full (F), very full (VF), thirsty (T)  
 MACRO= carbohydrate (CHO), protein (PRO), fat (FAT), or fluid (FLU)  
 MICRO= vitamin C (C), vitamin A (A), calcium (CA), iron (I)