OLMSTED MEDICAL CENTER

Daily Food Log

Please write down everything you eat or drink for two days, including a weekday and weekend. Write the amount you eat and time of day (don't forget snacks and condiments). Try to be more detailed in the shaded areas.

Date:	Time	Foods	Amount			

Grains	Fruit	Vegetable	Dairy	Protein	Fat	Sweets	Non-Calorie Fluids
❑❑❑❑❑❑ ❑❑❑❑❑❑	❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑ ❑	❑❑❑❑❑❑	❑ ❑ ❑ ❑ ❑	❑❑❑❑❑❑	❑❑❑❑❑❑	❑❑❑❑❑❑	❑❑❑❑❑❑ ❑❑❑❑❑❑
6-11 Servings	2-4 Servings	3-5 Servings	2-3 Servings	2-3 Servings	In moderation	In moderation	❑ = 8 oz.

Exercise:

Comments: