

# Food Log

Instructions:

- Write down everything you eat or drink (including water & alcohol) for 3 days.
- Include at least 1 weekday and 1 weekend day.
- Note what time, where, and the approximate amount of foods/beverages you eat/drink.
- *Optional:* take pictures!

	<b>Time</b>	<b>Place</b>	<b>Food or Drink</b>	<b>Amount</b>
<b>Example</b>	8 am	Home	Cheerios w/ 1% milk	1 cup each
	12 pm	Subway	Ham & cheese sub chips lemonade	6" sub grab bag chips 20 oz
	6 pm	Dining hall	Spaghetti Salad w/ Italian dressing brownie	2 cups 1 cup 1 medium
<b>Day 1</b>				
<b>Day 2</b>				

	Time	Place	Food or Drink	Amount
<b>Day 3</b>				

These sample days reflect typical eating for me: yes no

If no, please describe your typical eating, including time, place, and amount:

	Time	Place	Food or Drink	Amount
<b>Typical Day</b>				

For Office Use		Veg	Fruit	Grains	Meat & Beans	Dairy	Oils/Fats	Other
	<i>Actual</i>							
<i>Rec.</i>								