Please complete 3 days of your food and beverage intake using the format below.
Use our blank form or your own.

FOOD DIARY EXAMPLE

Time	Food Item	Amount	Brand Name	Method of Prep
7 am	Egg	1 med		Boiled
7 am	Orange Juice	4 oz.	Minute Maid	Unsweetened
11 am	Jelly Donut	1	Dunkin Donut	
11 am	Whole Milk	8 oz.	Borden	
12 noon	Big Mac	1	McDonald's	Fried
"	French Fries	18	McDonald's	Fried
"	Cola	12 oz.	McDonald's	Regular
3 pm	Fruit Cocktail	4 oz.	Delmonte	Light Syrup
5 pm	Beer	12 oz.	Budweiser	Light
6 pm	Chicken	3 oz.		Baked
"	Baked Potato	1 med.		Baked
"	Sour Cream	2 TBSP	Publix	
"	Green Beans	½ cup	Green Giant	Boiled
8 pm	Peach Yogurt	8 oz.	Dannon	Low Fat

Please complete the following form for your food records.

FOOD DIARY

Your Name: _____

Time	Food Item	Amount	Brand Name	Method of Prep