Daily Record of Food Intake | Your diet may be the key to better health.

Name:

Each day, record all the items you eat and drink. Be sure to include the approximate amount of each item. When you have completed this form, return it to your health care professional for evaluation.



WHOLE FOOD NUTRIENT SOLUTIONS

BREAKAST Time: LUNCH Time: Intermediation of the second of the seco	Day 1—Date:		
Yegetables and futus:	BREAKFAST Time:	LUNCH Time:	DINNER Time:
Breads, carvals, and grans.	Meat and dairy:		
Fats (hutter, margarine, oil, etc.):	Vegetables and fruits:		
Candy, sweets, and junk food.	Breads, cereals, and grains:		
Water intake (fl. oz): Other drinks MIDMORNIC SNACK Time MIDDAY SNACK Time Bowel novements (number and constance): Hours of sleep: Quality of sleep: (geod) 1 2 3 4 5 (geod) Day 2—Date: DINNER Time USCHTTIME SNACK Time: Image: Constance (Constance): BREAKFAST Time LUNCH Time: Image: Constance (Constance): Image: Constance (Constance): Vegetables and fruits: Image: Constance (Constance): Image: Constance (Constance): Image: Constance (Constance): Breads, coreads, and grains. Image: Constance (Constance): Image: Constance (Constance): Image: Constance (Constance): Char and daily. Image: Constance (Constance): Image: Constance (Constance): Image: Constance (Constance): Image: Constance (Constance): Breads, coreads, and grains. Image: Constance (Constance): Image: Constance (Constance): Image: Constance (Constance): Image: Constance (Constance): Other drinks Image: Constance (Constance): Image: Constance (Constance): Image: Constance (Constance): Image: Constance (Constance): Other drinks Image: Constance (Constance): Image: Constance (Constance): Image: Constance (Constance): Image: Constance (Constance	Fats (butter, margarine, oil, etc.):		
Other drinks: MIDAY SNACK Tume: NIGHTTIME SNACK Tume: Image: Stack tume: Bowel movements (number and consistency): Hours of sleep: Quality of sleep: (good) 1 2 3 4 5 (good) Day 2—Date: BERKFAST Tume: DINNER Tume: Image: Stack tume: Breads, cereals, and grains: DINNER Tume: Image: Stack tume: Image: Stack tume: Page tables and fruits: Image: Stack tume: Image: Stack tume: Image: Stack tume: Grindy sweets, and junk food Image: Stack tume: Image: Stack tume: Image: Stack tume: Bowel movements (number and consistency): Hours of sleep: Quality of sleep: (good) 1 2 3 4 5 (good) Image: Stack tume: Breads, cereals, and junk food Image: Stack tume: Image: Stack tume: Image: Stack tume: Image: Stack tume: Breads, cereals, and grains: Image: Stack tume: Image: Stack tume: Image: Stack tume: Image: Stack tume: Breads: Cereals, and grains: Image: Stack tume: Breads: Cereals, and grains: Image: Stack tume: Image: Stack tume: <t< td=""><td>Candy, sweets, and junk food:</td><td></td><td></td></t<>	Candy, sweets, and junk food:		
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Snack Bowel movements (number and consistency): Hours of sleep: Quality of sleep: (good) 1 2 3 4 5 (goor) Day 2—Date: BREAKFAST Time: LUNCH Time: DINNER Time:	Other drinks:		
Bowel movements (number and consistency): Hours of sleep: Quality of sleep: (good) 1 2 3 4 5 (good) Day 2—Date:	MIDMORNING SNACK Time:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
Day 2—Date: BREAKFAST Time: LUNCH Time: Breaks: DINNER Time: Meat and dairy:	Snack:		
BREAKFAST Time: LUNCH Time: Meat and dairy:	Bowel movements (number and consistency):	Hours of sleep:	Quality of sleep: (good) 1 2 3 4 5 (poor)
Meat and dairy:	Day 2—Date:		
Vegetables and fruits:	BREAKFAST Time:	LUNCH Time:	DINNER Time:
Breads, cereals, and grains:	Meat and dairy:		
Fats (butter, margarine, oil, etc.):	Vegetables and fruits:		
Candy, sweets, and junk food:	Breads, cereals, and grains:		
Water intake (fl. oz.);	Fats (butter, margarine, oil, etc.):		
Other drinks: MIDDAY SNACK Time: NIGHTTIME SNACK Time: Image: Contract of the state o	Candy, sweets, and junk food:		
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Day 3—Date: BREAKFAST Time: LUNCH Time: DINNER Time: Meat and dairy: Display and fruits: Display and fruits: Breads, cereals, and grains: Image: Construction of the second	Snack:		
BREAKFAST Time: LUNCH Time: DINNER Time: Meat and dairy:	Bowel movements (number and consistency):	Hours of sleep:	Quality of sleep: (good) 1 2 3 4 5 (poor)
Meat and dairy:	Day 3—Date:		
Vegetables and fruits: Breads, cereals, and grains: Fats (butter, margarine, oil, etc.): Candy, sweets, and junk food: Water intake (fl. oz.): Other drinks: MIDDAY SNACK Time: Snack: Bowel movements (number and consistency): Hours of sleep: (good) 1 2 3 4 5 (poor)	BREAKFAST Time:	LUNCH Time:	DINNER Time:
Breads, cereals, and grains: Fats (butter, margarine, oil, etc.): Candy, sweets, and junk food: Water intake (fl. oz.): Other drinks: MIDDAY SNACK Time: Snack: Bowel movements (number and consistency): Hours of sleep: Quality of sleep: (good) 1 2 Yate of sleep:	Meat and dairy:		
Fats (butter, margarine, oil, etc.): Candy, sweets, and junk food: Water intake (fl. oz.): Other drinks: MIDMORNING SNACK Time: Snack: Bowel movements (number and consistency): Hours of sleep: Quality of sleep: (good) 1	Vegetables and fruits:		
Candy, sweets, and junk food: Water intake (fl. oz.): Other drinks: MIDMORNING SNACK Time: Snack: Bowel movements (number and consistency): Hours of sleep: Quality of sleep: (good) 1	Breads, cereals, and grains:		
Water intake (fl. oz.): Other drinks: Other drinks: MIDDAY SNACK Time: MIDMORNING SNACK Time: NIGHTTIME SNACK Time: Snack: Snack: Bowel movements (number and consistency): Hours of sleep: Guality of sleep: (good) 1 2 3 4 5 (poor)	Fats (butter, margarine, oil, etc.):		
Other drinks: MIDDAY SNACK Time: NIGHTTIME SNACK Time: Snack: Night time: Snack: Bowel movements (number and consistency): Hours of sleep: Quality of sleep: (good) 1 2 3 4 5 (poor)	Candy, sweets, and junk food:		
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Snack: Bowel movements (number and consistency): Hours of sleep: Quality of sleep: (good) 1 2 3 4 5 (poor)	Other drinks:		
Bowel movements (number and consistency): Hours of sleep: Quality of sleep: (good) 1 2 3 4 5 (poor)	MIDMORNING SNACK Time:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
	Snack:		
Notes:	Bowel movements (number and consistency):	Hours of sleep:	Quality of sleep: (good) 1 2 3 4 5 (poor)
	Notes:		

Day 4—Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat and dairy:		
Vegetables and fruits:		
Breads, cereals, and grains:		
Fats (butter, margarine, oil, etc.):		
Candy, sweets, and junk food:		
Water intake (fl. oz.):		
Other drinks:		
MIDMORNING SNACK Time:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel movements (number and consistency):	Hours of sleep:	Quality of sleep: (good) 1 2 3 4 5 (poor)
Day 5—Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat and dairy:		
Vegetables and fruits:		
Breads, cereals, and grains:		
Fats (butter, margarine, oil, etc.):		
Candy, sweets, and junk food:		
Water intake (fl. oz.):		
Other drinks:		
MIDMORNING SNACK Time:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
Snack:		
Bowel movements (number and consistency):	Hours of sleep:	Quality of sleep: (good) 1 2 3 4 5 (poor)
Day 6—Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat and dairy:		
Vegetables and fruits:		
Breads, cereals, and grains:		
Fats (butter, margarine, oil, etc.):		
Candy, sweets, and junk food:		
Water intake (fl. oz.):		
Other drinks:		
MIDMORNING SNACK Time: Snack:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
Bowel movements (number and consistency):	Hours of sleep:	Quality of sleep: (good) 1 2 3 4 5 (poor)
Day 7—Date:		
BREAKFAST Time:	LUNCH Time:	DINNER Time:
Meat and dairy:		
Vegetables and fruits:		
Breads, cereals, and grains:		
Fats (butter, margarine, oil, etc.):		
Candy, sweets, and junk food:		
Water intake (fl. oz.):		
Other drinks:		
Other drinks: MIDMORNING SNACK Time:	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
	MIDDAY SNACK Time:	NIGHTTIME SNACK Time:
MIDMORNING SNACK Time:	MIDDAY SNACK Time: Hours of sleep:	NIGHTTIME SNACK Time: Quality of sleep: (good) 1 2 3 4 5 (poor)