

# Food Diary Sample

Meal or Snack	Foods and Beverages Consumed	Amount	Preparation Method	Fat Used
* Today's Good Points:				
* What I Can Improve:				
Breakfast (7:00 am)	Oatmeal	½ cup cooked	Microwave	None
	Skim milk	8 ounces		
	Slivered almonds	2 Tbsp		
	Apple	1 medium		
	Water	8 ounces		
Snack (10:00 am)	Banana	1 medium		
	Water	24 ounces		
Lunch (12:30 pm)	Spinach salad w/ veggies	3 cups	Tossed	1 tsp olive oil
	Tuna canned in water Bean	2 ounces		
	Vegetable soup	1 cup		