



# Daily Food Diary

Name \_\_\_\_\_

Date \_\_\_\_\_

## *Breakfast:*

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## *Serving:*

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Hunger level after breakfast:

Very Hungry

Somewhat Hungry

Content

Comfortably Full

Very Full

## *Lunch:*

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## *Serving:*

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Hunger level after lunch:

Very Hungry

Somewhat Hungry

Content

Comfortably Full

Very Full

**Dinner:**

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**Serving:**

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Hunger level after dinner:

Very Hungry

Somewhat Hungry

Content

Comfortably Full

Very Full

**Snacks:**

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**Serving:**

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Hunger level after snacks:

Very Hungry

Somewhat Hungry

Content

Comfortably Full

Very Full

**Totals/Number of Servings:**

Calories: \_\_\_\_\_

Fat: \_\_\_\_\_

Fiber: \_\_\_\_\_

Carbohydrate: \_\_\_\_\_

Sodium: \_\_\_\_\_

Check off your totals:

Grains: ○○○○○○○○/○○○○○○○○

Vegetables: ○○○/○○

Fruits: ○○/○○

Milk: ○○○/○

Meat: ○○/○

Water: ○○○○○○○○○○○○○○○

Which groups did you consume too much of?

Which groups did you not consume enough of?

What substitutions could you have made to stay within your acceptable ranges?