

Texercise
Daily Food Log

Instructions: Use the chart below to help monitor your food/calorie intake and keep track of daily food consumption. Write down what time it is when you are eating to give a time reference when looking back for trends in eating habits. Then write down main food items consumed at a meal along with the actual amount consumed. Use measuring cups and spoons to help you measure the exact amount of food.

Suggestion: For nutritional analysis of your diet, you can create a profile on the MyPyramid website and track your food consumption.

Date: _____

Time <i>Example: 11:30 a.m.</i>	Food <i>Lettuce</i>	Amount <i>1.5 cups</i>
Breakfast		
Morning snack		
Lunch		
Afternoon snack		
Dinner		