Daily Food Diary

Name _____ Day & Date _____

Record your food, one item per line. Be as specific as possible esp. regarding amount eaten. Include beverages (coffee, soda, water, alcohol, etc). Be sure to include all condiments (dressings, dips, sauces, etc) with meals as well as snacks. Include brand names when applicable.

TIME	**LOCATION** (home, work, restaurant, car, etc)	**FOOD ITEM & QUANTITY (oz./cups)** Measure in ounces, cups, TBSP etc.	**METHOD OF PREP** (fresh, frozen, canned, baked, fried, etc)	**MOOD** (hungry, bored, stressed, excited, etc)