

DAY 1 Food Diary – write down what you ate as best you can.

Breakfast (Approximate time: _____)

Foods _____

Beverages _____

Were portions: large medium small

Snack (Approximate time(s): _____)

Foods _____

Beverages _____

Were portions: large medium small

Lunch (Approximate time: _____)

Foods _____

Beverages _____

Were portions: large medium small

Snack (Approximate time(s): _____)

Foods _____

Beverages _____

Were portions: large medium small

Supper (Approximate time: _____)

Foods _____

Beverages _____

Were portions: large medium small

Snack (Approximate time(s): _____)

Foods _____

Beverages _____

Were portions: large medium small

DAY 2 Food Diary – write down what you ate as best you can.

Breakfast (Approximate time: _____)

Foods _____

Beverages _____

Were portions: large medium small

Snack (Approximate time(s): _____)

Foods _____

Beverages _____

Were portions: large medium small

Lunch (Approximate time: _____)

Foods _____

Beverages _____

Were portions: large medium small

Snack (Approximate time(s): _____)

Foods _____

Beverages _____

Were portions: large medium small

Supper (Approximate time: _____)

Foods _____

Beverages _____

Were portions: large medium small

Snack (Approximate time(s): _____)

Foods _____

Beverages _____

Were portions: large medium small

DAY 3 Food Diary – write down what you ate as best you can.

Breakfast (Approximate time: _____)

Foods _____

Beverages _____

Were portions: large medium small

Snack (Approximate time(s): _____)

Foods _____

Beverages _____

Were portions: large medium small

Lunch (Approximate time: _____)

Foods _____

Beverages _____

Were portions: large medium small

Snack (Approximate time(s): _____)

Foods _____

Beverages _____

Were portions: large medium small

Supper (Approximate time: _____)

Foods _____

Beverages _____

Were portions: large medium small

Snack (Approximate time(s): _____)

Foods _____

Beverages _____

Were portions: large medium small