# Daily Food Diary for

|  |  |  |
| --- | --- | --- |
| Food Group | Amount | Food Name |
| Breakfast/Time: |  |  |
| Grains/Starches |  |  |
| Vegetables |  |  |
| Fruits |  |  |
| Dairy |  |  |
| Protein |  |  |
| Fats/Sweets |  |  |
| Beverages |  |  |
| Comments |  |  |
| Snack/ Time: |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Lunch / Time: |  |  |
| Grains/Starches |  |  |
| Vegetables |  |  |
| Fruits |  |  |
| Dairy |  |  |
| Protein |  |  |
| Fats/Sweets |  |  |
| Beverages |  |  |
| Comments |  |  |
| Snack / Time: |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| Dinner / Time: |  |  |
| Grains/Starches |  |  |
| Vegetables |  |  |
| Fruits |  |  |
| Dairy |  |  |
| Protein |  |  |
| Fats/Sweets |  |  |
| Beverages |  |  |
| Comments |  |  |

Water Intake: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Exercise Today!!!