

Sample

Food Intake Diary				
Date	Time	Food	Quantity	Notes on Preparation
6/23/04	7:30 am	Scrambled eggs	2	Cooked in butter, salt
		Decaf/low acid coffee	12 ounces	
		Coffee cream	2 T.	In coffee
	9:15 am	Filtered water	16 ounces	Sipped through the morning
	12: 40 pm	Ground buffalo patty	4 ounces	Grilled, cooked weight
		Cheddar cheese	1 ounce	On ground meat patty
		Roasted almonds	¼ cup	
		Ice water	16 ounces	Splash of lime juice
	3:15 pm	Filtered water	16 ounces	
		Raw baby carrots	7	
	5:00 pm	Raspberry yogurt	6 ounces	Low sugar, sweetened with Splenda
	7:00 pm	Pork tenderloin	6 ounces	Grilled, cooked weight
		Green beans	¾ cup	Cooked in butter ,salt
		Red bell pepper	¼ pepper	Added to green beans
		White rice	½ cup	Only salt added
	8:30 pm	Raspberry Crystal Light	16 ounces	(big mistake, I think!)
	10:15 pm	Filtered water	12 ounces	
		Whole wheat toast	1 slice	Less than a teaspoon of butter

Notes:

Be sure to include as much information as possible about food eaten:

- portions sizes
- preparation (baked or fried chicken for example)
- all liquids
- all condiments
- all ingredients in mixed dishes.

Think about your activities for the day to see if there is something you may have missed.

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