



Daily Food Diary

Date: _____

Breakfast	Food/Drink Item	Servings	Calories	Comments
Grains				
Vegetables				
Fruits				
Dairy				
Protein				
Water				
Caffeinated Drinks				
Fruit juice				
Other				

Lunch	Food/Drink Item	Servings	Calories	Comments
Grains				
Vegetables				
Fruits				
Dairy				
Protein				
Water				
Caffeinated Drinks				
Fruit juice				
Other				

Dinner	Food/Drink Item	Servings	Calories	Comments
Grains				
Vegetables				
Fruits				
Dairy				
Protein				
Water				
Caffeinated Drinks				
Fruit juice				
Other				

Snacks	Food/Drink Item	Servings	Calories	Comments