

Daily Nutrition Log

Day & Date _____

Item(s) Eaten	Nutritional Information						
Breakfast	Fat	Calories	Sugar	Carbs	Protein	Fiber	Sodium
Morning Snack	Fat	Calories	Sugar	Carbs	Protein	Fiber	Sodium
Lunch	Fat	Calories	Sugar	Carbs	Protein	Fiber	Sodium
Afternoon Snack	Fat	Calories	Sugar	Carbs	Protein	Fiber	Sodium
Dinner	Fat	Calories	Sugar	Carbs	Protein	Fiber	Sodium
Evening Snack	Fat	Calories	Sugar	Carbs	Protein	Fiber	Sodium
Daily Total	Fat	Calories	Sugar	Carbs	Protein	Fiber	Sodium