Myfit.ca Printable Food Diary

Food Diary Instructions: Simply insert the date, food description, amount of protein, carbs, fat, calories and serving size. At the bottom of this diary you can insert the totals. Remember that:

- **1 gram of carbohydrates=4 calories**
- **1 gram of protein = 4 calories**
- **1 gram of fat = 9 calories**

Date	Food	Protein	Carbs	Fat	Calories	Serving Size
January 1st, 2009	Milk	8g	12g	2g	102	1 cup
TOTALS:						