

Meal	Foods Eaten	Amount	# Servings	Setting	Feelings
EXAMPLE Lunch	Tuna Sandwich with mayo on whole wheat Diet Coke Apple	3oz 2 tsp 2 slices one can one large	1 protein 2 fat 2 bread 1 caffeine 1 fruit	Kitchen, alone	Hungry and rushed
Breakfast Time: _____					
Snack					
Lunch Time: _____					
Snack					
Dinner Time: _____					
Snack					

Food Diary of _____

Date _____

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Breakfast Time: _____					
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Food Diary Summary

Breads and Grains One serving equals 1 slice of bread; ½ cup rice, cereal or pasta									6-7
Vegetables and Fruits One serving equals ½ cup or 1 small apple, orange, tomato, etc									7-10
Milk, Cheese, Yogourt One serving equals 1 cup low-fat milk, 1 oz cheese (approx size of your thumb)									1-3 **if not sensitive
Meat, Poultry, Fish One serving equals 2 ½ -3 oz meat or fish, ½ cup legumes; ¼ cup nuts									2-3
Fats One serving equals 1 tbsp salad dressing, 1 tsp butter or margarine or mayo									1-3 (only unsaturated fats)
Sweets One serving equals 1 oz candy; 1 tsp sugar (brown, white, honey, etc); ½ cup juice									0
Alcohol One serving equals 12 oz beer, 3oz wine, 1 bar drink									0-1
Caffeine One serving equals one cup regular coffee or tea									0-1