

# Daily Record of Food Intake | Your diet may be the key to better health.

Each day, record all the items you eat and drink. Be sure to include the approximate amount of each item. When you have completed this form, return it to your health care professional for evaluation.



WHOLE FOOD NUTRIENT SOLUTIONS

Name: \_\_\_\_\_

Day 1—Date: \_\_\_\_\_

<b>BREAKFAST</b> Time: _____	<b>LUNCH</b> Time: _____	<b>DINNER</b> Time: _____
Meat and dairy: _____	_____	_____
Vegetables and fruits: _____	_____	_____
Breads, cereals, and grains: _____	_____	_____
Fats (butter, margarine, oil, etc.): _____	_____	_____
Candy, sweets, and junk food: _____	_____	_____
Water intake (fl. oz.): _____	_____	_____
Other drinks: _____	_____	_____
<b>MIDMORNING SNACK</b> Time: _____	<b>MIDDAY SNACK</b> Time: _____	<b>NIGHTTIME SNACK</b> Time: _____
Snack: _____	_____	_____
<b>Bowel movements</b> (number & consistency) : _____	<b>Hours of sleep:</b> _____	<b>Quality of sleep:</b> (good) 1 2 3 4 5 (poor) _____

Day 2—Date: \_\_\_\_\_

<b>BREAKFAST</b> Time: _____	<b>LUNCH</b> Time: _____	<b>DINNER</b> Time: _____
Meat and dairy: _____	_____	_____
Vegetables and fruits: _____	_____	_____
Breads, cereals, and grains: _____	_____	_____
Fats (butter, margarine, oil, etc.): _____	_____	_____
Candy, sweets, and junk food: _____	_____	_____
Water intake (fl. oz.): _____	_____	_____
Other drinks: _____	_____	_____
<b>MIDMORNING SNACK</b> Time: _____	<b>MIDDAY SNACK</b> Time: _____	<b>NIGHTTIME SNACK</b> Time: _____
Snack: _____	_____	_____
<b>Bowel movements</b> (number & consistency) : _____	<b>Hours of sleep:</b> _____	<b>Quality of sleep:</b> (good) 1 2 3 4 5 (poor) _____

Day 3—Date: \_\_\_\_\_

<b>BREAKFAST</b> Time: _____	<b>LUNCH</b> Time: _____	<b>DINNER</b> Time: _____
Meat and dairy: _____	_____	_____
Vegetables and fruits: _____	_____	_____
Breads, cereals, and grains: _____	_____	_____
Fats (butter, margarine, oil, etc.): _____	_____	_____
Candy, sweets, and junk food: _____	_____	_____
Water intake (fl. oz.): _____	_____	_____
Other drinks: _____	_____	_____
<b>MIDMORNING SNACK</b> Time: _____	<b>MIDDAY SNACK</b> Time: _____	<b>NIGHTTIME SNACK</b> Time: _____
Snack: _____	_____	_____
<b>Bowel movements</b> (number & consistency) : _____	<b>Hours of sleep:</b> _____	<b>Quality of sleep:</b> (good) 1 2 3 4 5 (poor) _____

Notes: \_\_\_\_\_

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Day 4—Date:

<b>BREAKFAST</b> Time: _____	<b>LUNCH</b> Time: _____	<b>DINNER</b> Time: _____
Meat and dairy: _____	_____	_____
Vegetables and fruits: _____	_____	_____
Breads, cereals, and grains: _____	_____	_____
Fats (butter, margarine, oil, etc.): _____	_____	_____
Candy, sweets, and junk food: _____	_____	_____
Water intake (fl. oz.): _____	_____	_____
Other drinks: _____	_____	_____
<b>MIDMORNING SNACK</b> Time: _____	<b>MIDDAY SNACK</b> Time: _____	<b>NIGHTTIME SNACK</b> Time: _____
Snack: _____	_____	_____
<b>Bowel movements</b> (number & consistency) : _____	<b>Hours of sleep:</b> _____	<b>Quality of sleep:</b> (good) 1 2 3 4 5 (poor)

Day 5—Date:

<b>BREAKFAST</b> Time: _____	<b>LUNCH</b> Time: _____	<b>DINNER</b> Time: _____
Meat and dairy: _____	_____	_____
Vegetables and fruits: _____	_____	_____
Breads, cereals, and grains: _____	_____	_____
Fats (butter, margarine, oil, etc.): _____	_____	_____
Candy, sweets, and junk food: _____	_____	_____
Water intake (fl. oz.): _____	_____	_____
Other drinks: _____	_____	_____
<b>MIDMORNING SNACK</b> Time: _____	<b>MIDDAY SNACK</b> Time: _____	<b>NIGHTTIME SNACK</b> Time: _____
Snack: _____	_____	_____
<b>Bowel movements</b> (number & consistency) : _____	<b>Hours of sleep:</b> _____	<b>Quality of sleep:</b> (good) 1 2 3 4 5 (poor)

Day 6—Date:

<b>BREAKFAST</b> Time: _____	<b>LUNCH</b> Time: _____	<b>DINNER</b> Time: _____
Meat and dairy: _____	_____	_____
Vegetables and fruits: _____	_____	_____
Breads, cereals, and grains: _____	_____	_____
Fats (butter, margarine, oil, etc.): _____	_____	_____
Candy, sweets, and junk food: _____	_____	_____
Water intake (fl. oz.): _____	_____	_____
Other drinks: _____	_____	_____
<b>MIDMORNING SNACK</b> Time: _____	<b>MIDDAY SNACK</b> Time: _____	<b>NIGHTTIME SNACK</b> Time: _____
Snack: _____	_____	_____
<b>Bowel movements</b> (number & consistency) : _____	<b>Hours of sleep:</b> _____	<b>Quality of sleep:</b> (good) 1 2 3 4 5 (poor)

Day 7—Date:

<b>BREAKFAST</b> Time: _____	<b>LUNCH</b> Time: _____	<b>DINNER</b> Time: _____
Meat and dairy: _____	_____	_____
Vegetables and fruits: _____	_____	_____
Breads, cereals, and grains: _____	_____	_____
Fats (butter, margarine, oil, etc.): _____	_____	_____
Candy, sweets, and junk food: _____	_____	_____
Water intake (fl. oz.): _____	_____	_____
Other drinks: _____	_____	_____
<b>MIDMORNING SNACK</b> Time: _____	<b>MIDDAY SNACK</b> Time: _____	<b>NIGHTTIME SNACK</b> Time: _____
Snack: _____	_____	_____
<b>Bowel movements</b> (number & consistency) : _____	<b>Hours of sleep:</b> _____	<b>Quality of sleep:</b> (good) 1 2 3 4 5 (poor)