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| **Food Diary Sample** |
| **Meal or Snack** | **Foods and Beverages Consumed** | **Amount** | **Preparation Method** | **Fat Used** |
| \* Today’s Good Points: |
| \* What I Can Improve: |
| Breakfast(7:00 am) | Oatmeal | ½ cup cooked | Microwave | None |
|   | Skim milk | 8 ounces |   |   |
|   | Slivered almonds | 2 Tbsp |   |   |
|   | Apple | 1 medium |   |   |
|   | Water | 8 ounces |   |   |
| Snack(10:00 am) | Banana | 1 medium |   |   |
|   | Water | 24 ounces |   |   |
| Lunch(12:30 pm) | Spinach salad w/ veggies | 3 cups | Tossed | 1 tsp olive oil |
|   | Tuna canned in water Bean | 2 ounces |   |   |
|   | Vegetable soup | 1 cup |   |   |
|   | Whole wheat crackers | 5 crackers | Baked |   |
|   | Water | 12 ounces |   |   |
| Snack(3:00 pm) | Nonfat cottage cheese | 4 ounces |   |   |
|   | Mandarin oranges | ½ cup |   |   |
|   | Water | 16 ounces |   |   |
| Dinner(6:30 pm) | Chicken breast, boneless, skinless | 4 ounces | Grilled | Cooking spray |
|   | Broccoli | 2 cups | Steamed |   |
|   | Brown rice | 1 cup | Steamed | 2 tsp light margarine |
|   | Water | 8 ounces |   |   |
| Snack (9:00 pm) | Lowfat yogurt Mango | 8 ounces |   |   |
|   | kiwi and strawberry slices | 1 cup |   |  |