

# Daily Food Intake Record

**Directions:**

- Please write down EVERYTHING that you eat and drink for 24 hours.
- Be sure to record the AMOUNT eaten for each food.
- Be SPECIFIC, for example, 1c 2% milk, 3oz sirloin patty, 1 tsp. margarine, 2 Tbsp. reduced fat ranch salad dressing, etc.
- Whenever possible include BRAND NAMES or RESTAURANTS for each item listed, for example, 1c Cheerios® cereal, 1 container Light n’ Fit® yogurt, 1 McDonald’s® Hamburger, 1 Subway® 6” tuna sandwich, etc.

**Total Daily Calories:** \_\_\_\_\_ **Total Daily Carbohydrate Grams:** \_\_\_\_\_

Meal/Snack	Food Item(s) /Amount(s)	Carbohydrate Grams	Calories/ Comments
<b>Breakfast</b>			
<b>Snack</b>			
<b>Lunch</b>			
<b>Snack</b>			
<b>Dinner</b>			
<b>Snack</b>			