JOHNS HOPKINS

Instructions: Record all the food and drink you consume and include time, place, thoughts, food preparation and specific amounts. Use measuring cups or measuring spoons to determine the amount.

## Food Log Example

\(\left.$$
\begin{array}{l|l|l|l|l}\hline \text { Time } & \text { Place } & \begin{array}{l}\text { Thoughts and } \\
\text { Feelings }\end{array} & \begin{array}{l}\text { Foods and Beverages } \\
\text { (And how prepared) }\end{array} & \text { Amount } \\
\hline 8: 15 \mathrm{am} & \begin{array}{l}\text { Home } \\
\text { (kitchen, at table, } \\
\text { in front of TV) }\end{array} & \text { Hungry, in a hurry } & \begin{array}{l}\text { Egg, poached Orange } \\
\text { juice Toast } \\
\text { Margarine }\end{array} & \begin{array}{l}1 / 2 \text { cup } \\
1 \text { slice } \\
1 \text { tsp }\end{array} \\
\hline 10: 00 \text { am } & \text { Work } & \text { Hungry, ate alone } & \begin{array}{l}\text { Coffee } \\
\text { Roast beef } \\
\text { Mayonnaise } \\
\text { Lettuce, tomato } \\
\text { Sugar cookies } \\
\text { Low-fat (1\%) milk }\end{array} & \begin{array}{l}\text { Sandwich: } \\
12: 30 \text { pm }\end{array}
$$ <br>

\hline Home \& \& 1 / 2 cups\end{array}\right]\)| 1 cup |
| :--- |

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MED I CINE
THE JOHNS HOPKINS
HOSPITAL

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## Food Log

Name
Day
Date

| Time | Place | Thoughts and <br> Feelings | Foods and Beverages <br> (And how prepared) | Amount |
| :--- | :--- | :--- | :--- | :--- |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

