|  |
| --- |
| ***Sample Food Diary***compliments of www.caloriecontrol.org |
|  |  |  |  |  |  |  |  |  |
| **DAY:** Wednesday, May 15, 2001 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **Breakfast** |  |  |  |  |  | **Calories** |  | **Fat (gms)** |
| 1 small plain bagel |  |  |  |  | 170 |  | 0 |
| 1 Tbsp. reduced-calorie margarine |  |  | 54 |  | 6 |
| 3 Tbsp. reduced-calorie jelly |  |  |  | 18 |  | 0 |
| 6 oz. orange juice |  |  |  |  | 83 |  | 0 |
| 1 whole kiwi fruit |  |  |  |  | 46 |  | 0.3 |
|  |  |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |  |
| 2 sl. whole wheat light bread |  |  |  | 90 |  | 1 |
| 2 Tbsp. mustard |  |  |  |  | 22 |  | 1.4 |
| 3.5 oz. smoked turkey |  |  |  | 120 |  | 4 |
| 3 sl. tomato |  |  |  |  | 12 |  | 0 |
| 1/2 c. lettuce |  |  |  |  | 5 |  | 0 |
| 4 sl. pickle |  |  |  |  | 18 |  | 0.1 |
| 2 oz. Swiss cheese |  |  |  |  | 190 |  | 14 |
| 1 oz. low-fat potato chips |  |  |  | 110 |  | 2 |
| 1 diet Coke |  |  |  |  | 0 |  | 0 |
| 1 small apple |  |  |  |  | 81 |  | 0.5 |
|  |  |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |  |
| 2 c. spaghetti (cooked) |  |  |  | 318 |  | 2 |
| 3 oz. meatballs |  |  |  |  | 234 |  | 18 |
| 1/2 c. spaghetti sauce (meat flavor) |  |  | 100 |  | 6 |
| 1 c. broccoli in butter sauce |  |  |  | 80 |  | 4 |
| 2 small breadsticks |  |  |  |  | 46 |  | 0.4 |
| 1 c. low-fat sherbert |  |  |  |  | 270 |  | 4 |
| 1 c. 1% milk |  |  |  |  | 102 |  | 3 |
|  |  |  |  |  |  |  |  |  |
| **Snacks** |  |  |  |  |  |  |  |  |
| 1 c. fruit low-fat yogurt |  |  |  |  | 225 |  | 3 |
| 4 pieces melba toast |  |  |  |  | 60 |  | 0.8 |
| 2 c. light popcorn |  |  |  |  | 50 |  | 1 |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | **Total** |  | **Total** |
|  |  |  |  |  |  | 2504 calories | 71.5 grams |
|  |  |  |  |  |  |  |  |  |
| **Water Consumption:**document the amount of water consumed throughout the day |  |
| Most health professionals recommend between 8 and 12 cups per day! |  |  |
| Check off the boxes as you drink your water. |  |  |  |  |
|  |