

Daily Food Diary: _____

Breakfast	# Servings	Est. Calories	% Daily Target	Comments
Grains				
Vegetables				
Fruits				
Dairy				
Protein				
Water				
Caffeinated Drinks				
Fruit juice				
Other...				

Lunch	# Servings	Est. Calories	% Daily Target	Comments
Grains				
Vegetables				
Fruits				
Dairy				
Protein				
Water				
Caffeinated Drinks				
Fruit juice				
Other...				

Dinner	# Servings	Est. Calories	% Daily Target	Comments
Grains				
Vegetables				
Fruits				
Dairy				
Protein				
Water				
Caffeinated Drinks				
Fruit juice				
Other...				

Snacks	# Servings	Est. Calories	% Daily Target	Comments