

DAILY FOOD LOG

DAY DATE WATER: Eight cups (or 8-oz glasses) per day			SERVINGS						
			Grains	Vegetables	Fruits	Oils	Milk	Meats & Beans	Discretionary
TIME FOOD ITEM & AMOUNT (List major ingredients for	prepared foods.) CA	ALORIES							
PHYSICAL ACTIVITY	DAILY TOTALS	5							
THISTORE ACTIVITY	Calories		G	V	F	0	М	M-B	D
	Cutories								