

FOOD LOG

Day/Date:

	Serving or Portion	Food Description	Food Group F V G M D	Calories (kcal)	Calories from Fat	Sodium (mg)	Cholest. (mg)	Protein (g)	Sugar (g)	Fiber (g)	Total Carbs (g)	Sat. Fat (g)	Total Fat (g)
Breakfast													
	Time :												
	Totals												
Lunch													
	Time :												
	Totals												
Dinner													
	Time :												
	Totals												
Snacks													
	Totals												
Water													