

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

Time	Place	Thoughts and Feelings	Foods and Beverages (And how prepared)	Amount
8:15 am	Home (kitchen, at table, in front of TV)	Hungry, in a hurry	Egg, poached Orange juice Toast Margarine	1 1/2 cup 1 slice 1 tsp
10:00 am	Work		Coffee	1 cup
12:30 pm	Home	Hungry, ate alone	Sandwich: Bread Roast beef Mayonnaise Lettuce, tomato Sugar cookies Low-fat (1%) milk	2 slices reg. 2 oz 1 tbsp lite 2 1 1/2 cups
6:00 pm	Restaurant (fast food, take out, sit down)	Enjoyed friends, got too full	Fried chicken Coleslaw Mashed potatoes Gravy Apple pie Lemonade	1 leg and thigh 1/2 cup 1 cup 1/4 cup 1 piece 1 1/2 cups
10:00 pm	Movie	Tired, popcorn smelled good	Buttered popcorn Diet cola	2 cups 2 cups (16 oz)

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Food Log

Name

Day

Date

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