

## Your Typical Food Intake In One Day

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Amount of food <i>e.g. 1 cup, 3 oz., 1 slice</i>	Detailed description of all food eaten in one typical day <i>e.g. skim milk instead of "milk" or baked chicken instead of "meat"</i>
<b>Breakfast</b> Time:	
<b>Snack</b> Time:	
<b>Lunch</b> Time:	
<b>Snack</b> Time:	
<b>Dinner</b> Time:	
<b>Snack</b> Time:	