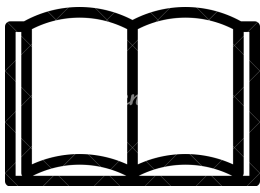
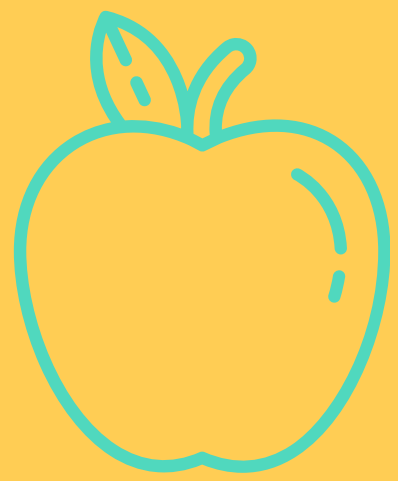


# FOOD DIARY



## WHAT IS A FOOD DIARY?

A food diary is a way to keep track of all the foods and drinks you consume every day along with how many calories are in them. Usually, you record the food you ate (including toppings and drinks), the amount (cups, oz, etc.) and what time you ate.



## WHY SHOULD I KEEP A FOOD DIARY?

### It can help you meet your dietary goals.

Keeping track of calories and/or macronutrients gives you total control over what you put into your body. Without documenting, a diet is just a shot in the dark. In order to meet your nutrition goals, it's important to track what you're eating so you can make the necessary changes.



## HOW-TO

Remember that even if it seems small, every calorie adds up. Make sure to document every single thing you eat. You'll be surprised how in only a few short weeks you have a pretty good picture of what your caloric intake looks like. You can then adjust your diet to meet your goals!






## DON'T GIVE UP!

If you forget to track for a day (or a week), that's okay! Mistakes are part of the process, and you may have to try several methods before you find something that works for you!

## APPS TO FREE FOOD AND EXERCISE TRACKERS

Try one of these free apps for easy food tracking anywhere!



- MyFitnessPal 
- Lose It! 
- My Plate Calorie Counter 

Try using a maintenance level calculator to estimate how many calories you need per day. About 20% below maintenance level is a good starting point for weight loss. [Example click here.](#)

Complete this form to be entered into the prize drawings: [ENTRY FORM](#)

# EXAMPLE FOOD DIARIES

## My Food Diary

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

Monday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Tuesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Wednesday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Thursday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Friday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Saturday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	

Sunday	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Snack	


**Notes:**

Learn more at [https://www.cdc.gov/healthyweight/losing\\_weight/eating\\_habits.html](https://www.cdc.gov/healthyweight/losing_weight/eating_habits.html)



## EatSmart Daily Food and Beverage Log

Date: October 1, 2020 Day #: 3



BREAKFAST					LUNCH				
Food	Cals	Carbs	Fiber	Protein	Food	Cals	Carbs	Fiber	Protein
Granola Bar	150.0								
<b>MEAL SUBTOTAL</b>	150.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

DINNER					SNACKS				
Food	Cals	Carbs	Fiber	Protein	Food	Cals	Carbs	Fiber	Protein
<b>MEAL SUBTOTAL</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

DAILY GRAND TOTAL					Met my goals today?	
Cals	Carbs	Fiber	Protein		Yes	No
150	0.0	0.0	0.0	0.0		

Notes: \_\_\_\_\_

[Click Here](#) for some additional information on caloric intake and body composition