

# Food & Beverage Log

Name \_\_\_\_\_

## Instructions

Last

First

1. Carry Log with you and write down everything you eat and drink for 4 days (or # assigned by your provider. Include water and alcoholic beverages. 2. Include at least one weekend day.
2. Write time, location and the approximate amount of ALL foods/beverages you eat and drink.

Example:

Date	Time	Place	Food and Beverages	Amount
	8 am	Home	Cheerios w/ 1% milk	2 cups cereal 1 cup milk
	1 pm	Subway	Ham and cheese sub w/ mayo and lettuce Chips Lemonade	6" sub Grab bag chips 20 oz
	4pm	Class	Apple Peanut Butter 1% milk	1 large 4 tablespoons 1 cup
	7:30 pm	Ville Grille	Spaghetti w/ meat sauce Salad w/ ranch dressing Bread sticks w/butter Brownie Diet Coke	3 cups 1 cup, 3 Tbsp 2 1 medium 20 oz

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Page 2 Food & Beverage LOG

Date	Time	Place	Food and Beverages	Amount

Name \_\_\_\_\_ Date Submitted & Analyzed: \_\_\_\_\_

Office Use:

	Grain	Fruit	Veg	Dairy/Calc	Protein	Other
Actual						
Recommended						

Notes

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