

# Daily Food Diary for Date:

Food Group	Food Name and Amount
<b>Breakfast</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
Comments	
<b>Snack</b>	
Protein/Dairy	
Fruit/veggies	
<b>Lunch</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
Comments	
<b>Snack</b>	
<b>Dinner</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
Comments	
<b>Snack</b>	

