

SAMPLE 5-DAY FOOD DIARY

Please estimate TIME OF DAY of meal / snack and approx. QUANTITY

DAY 1

BREAKFAST

LUNCH

DINNER

SNACK(S)

DAY 2

BREAKFAST

LUNCH

DINNER

SNACK(S)

DAY 3

BREAKFAST

LUNCH

DINNER

SNACK(S)

DAY 4

BREAKFAST

LUNCH

DINNER

SNACK(S)

DAY 5

BREAKFAST

LUNCH

DINNER

SNACK(S)