



FOOD LOG

Please list your usual meals and snacks with as much detail as you can recall. *For example:* 2 slices wheat toast with margarine, 1 egg cooked in Pam spray, 1 cup orange juice, 1 cup decaffeinated coffee with Equal and 2% milk at 6:30 - 7AM. Most people do not eat the same thing daily, so list as many examples as you can remember.

Breakfast: (usual time - _____)

Morning snack: (usual time - _____)

Lunch: (usual time - _____)

Afternoon snack: (usual time - _____)

Supper: (usual time - _____)

Bedtime snack: (usual time - _____)
