

# EMORY

HEALTHCARE

## 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 - \_\_\_\_\_)

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**Morning snack:** (usual time - \_\_\_\_\_)

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**Lunch:** (usual time - \_\_\_\_\_)

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**Afternoon snack:** (usual time - \_\_\_\_\_)

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**Supper:** (usual time - \_\_\_\_\_)

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**Bedtime snack:** (usual time - \_\_\_\_\_)

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