

7th Day

Date: _____

BREAKFAST:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN BREAKFAST AND LUNCH:

LUNCH:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN LUNCH AND DINNER:

DINNER:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN DINNER AND BEDTIME:

DAILY RECORD OF FOOD INTAKE

YOUR DIET MAY BE THE
KEY TO BETTER HEALTH.

Write down daily all the foods you eat and drink including snacks. Be sure to approximate the amount of each portion.

When you have completed this booklet, please return it to Dr. Quaranto for evaluation.

PATIENT: _____

ADDRESS: _____

PHONE: _____

1st Day

Date: _____

BREAKFAST:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN BREAKFAST AND LUNCH:

LUNCH:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN LUNCH AND DINNER:

DINNER:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN DINNER AND BEDTIME:

2nd Day

Date: _____

BREAKFAST:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN BREAKFAST AND LUNCH:

LUNCH:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN LUNCH AND DINNER:

DINNER:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN DINNER AND BEDTIME:

3rd Day

Date: _____

BREAKFAST:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN BREAKFAST AND LUNCH:

LUNCH:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN LUNCH AND DINNER:

DINNER:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN DINNER AND BEDTIME:

4th Day

Date: _____

BREAKFAST:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN BREAKFAST AND LUNCH:

LUNCH:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN LUNCH AND DINNER:

DINNER:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN DINNER AND BEDTIME:

5th Day

Date: _____

BREAKFAST:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN BREAKFAST AND LUNCH:

LUNCH:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN LUNCH AND DINNER:

DINNER:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN DINNER AND BEDTIME:

6th Day

Date: _____

BREAKFAST:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN BREAKFAST AND LUNCH:

LUNCH:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN LUNCH AND DINNER:

DINNER:

Meat & Dairy Foods:

Vegetables & Fruits:

Cereal Foods:

Candy & Other Sweets:

Drinks:

BETWEEN DINNER AND BEDTIME:

