Diet Record

Name:_____

B-Breakfast,L-Lunch, S-Snack, D-Dinner

Write down <u>everything</u> you eat and drink; the amount eaten and the time you ate it

Day:_____				Day:_____			
Time	Meal	Amount	Food and Description	Time	Meal	Amount	Food and Description

Day:_____				Day:_____			
Time	Meal	Amount	Food Name and description	Time	Meal	Amount	Food and Description

Mel - Use:
B-Breakfast
L-Lunch s-Snack
D-Dinner