daily food record

date _____

daily total:

____ milk _____
____ veg _____
____ fruit _____
____ bread _____
____ meat _____
____ fat _____

time/minutes spent eating	place/with whom	mood/activity	amount	food/how prepared (write one food on each line)
8:00-8:30 am	kitchen table/alone	happy/watching TV	1 cup	Cheerios
			1 cup	2% milk
			1	banana
			8 oz.	orange juice
11:30-11:45 am	car/alone	sad/driving	1	In 'N Out hamburger
			1 order	medium fries
			1	chocolate milkshake

notes:

neighborhood nutrition
BRINGING BALANCED EATING & HEALTHY LIVING... HOME