FOOD DIARY

Directions: Prior to your dietitian visit, please record your intake for 3 days and bring to your appointment. If possible, please keep records for 2 week days and 1 weekend day.

Patient Name:	**Today's Date:**
Date of Birth:	**SUPPLEMENTS (vitamins, minerals, fish oil, herbal, etc.):**

Time of Day	Food/Beverage	Amount Consumed	Comments