# Food Diary Template

**Day ……………………………………………… Date………………………………………………**

|  |  |
| --- | --- |
| Food Group | Food Name and Amount |
| Breakfast |  |
| Grains/Starches |  |
| Vegetables | Potatos, Spinach, brinjals |
| Fruits | Apple, banana, apricot, oranges |
| Dairy | Yogurt, butter |
| Protein | Eggs, fish |
| Fats/Sweets |  |
| Beverages |  |
| Comments |  |
| Snack |  |
|  |  |
|  |  |
|  |  |
| Lunch |  |
| Grains/Starches |  |
| Vegetables |  |
| Fruits |  |
| Dairy |  |
| Protein |  |
| Fats/Sweets |  |
| Beverages |  |
| Comments |  |
| Snack |  |
|  |  |
|  |  |
|  |  |
| Dinner |  |
| Grains/Starches |  |
| Vegetables |  |
| Fruits |  |
| Dairy |  |
| Protein |  |
| Fats/Sweets |  |
| Beverages |  |
| Comments |  |
| Snack |  |
|  |  |
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