**Food Diary**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Name: | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** | Others |  |  |  |  |  |  |  |
| Slow Sugars |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Lunch** | Others |  |  |  |  |  |  |  |
| Slow Sugars |  |  |  |  |  |  |  |
| Vegetables |  |  |  |  |  |  |  |
| Fat |  |  |  |  |  |  |  |
| Milk Products |  |  |  |  |  |  |  |
| Fruit |  |  |  |  |  |  |  |
| Protein |  |  |  |  |  |  |  |
| **Drink** |  |  |  |  |  |  |  |
| **Dinner**  | Others |  |  |  |  |  |  |  |
| Slow Sugars |  |  |  |  |  |  |  |
| Vegetables |  |  |  |  |  |  |  |
| Fat |  |  |  |  |  |  |  |
| Milk Products |  |  |  |  |  |  |  |
| Fruit |  |  |  |  |  |  |  |
| Protein |  |  |  |  |  |  |  |
| **Physical Activity** |  |  |  |  |  |  |  |