

**Food Diary record**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please record all food and drinks consumed, including snacks and water.

Please indicate the times of consumption, as well as the quantity of food and the method of preparation (i.e. steamed, grilled, fried or baked).

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Morning** | **Mid-morning** | **Mid-day** | **Mid-afternoon** | **Early evening** | **Evening** |
| **Day 1** |  |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |  |
| **Day 4** |  |  |  |  |  |  |