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Leanne J. Sotir, PhD, RNCP

www.wholehealthandnutrition.com

Phone 781-987-4947 / Fax 678-866-9444/ drsotir@wholehealthandnutrition.com

DAILY FOOD INTAKE JOURNAL (for 3 days)

Please document all foods that you are about consume for the next 3 days. This journal should reflect foods that are commonly consumed for breakfast, lunch, dinner, and snacks. Be sure to include all beverages, snacks, dressings, and other condiments. If possible, please list brand names of food items. Please try to be as accurate, honest, and as detailed as possible.

Name _____

Date _____

DAY 1

Meal	Beverages
Breakfast (Time: _____)	
Mid-Morning Snack (Time: _____)	
Lunch (Time: _____)	
Mid-Afternoon Snack (Time: _____)	
Dinner (Time: _____)	
Evening Snack (Time: _____)	

DAY 2

Meal	Beverages
Breakfast (Time: _____)	
Mid-Morning Snack (Time: _____)	
Lunch (Time: _____)	
Mid-Afternoon Snack (Time: _____)	
Dinner (Time: _____)	
Evening Snack (Time: _____)	

DAY 3

Meal	Beverages
Breakfast (Time: _____)	
Mid-Morning Snack (Time: _____)	
Lunch (Time: _____)	
Mid-Afternoon Snack (Time: _____)	
Dinner (Time: _____)	
Evening Snack (Time: _____)	