

Food and Exercise Diary*

Date: _____

Meal	Food/Beverage	Amount	Fat/Carb/ Calories	Physical Activity (Exercise)
Breakfast				
Lunch				
Dinner				
Snacks				



Food and Exercise Diary

Date: _____

Meal	Food/Beverage	Amount	Fat/Carb/ Calories	Physical Activity (Exercise)
Breakfast	bran flakes banana milk toast light margarine orange juice coffee, regular	1 cup 1 small $\frac{3}{4}$ cup 1 slice 1 teaspoon $\frac{3}{4}$ cup 1 cup		Walked for 30 minutes before breakfast.
Lunch	whole wheat bread lean roast beef lettuce tomato mayonnaise (low calorie) apple water	2 slices 2 ounces 1 leaf 3 medium slices 2 teaspoons 1 medium 8 ounces		
Dinner	salmon, broiled vegetable oil potato, baked margarine green beans (with margarine) carrots dinner roll, white	3 ounces 1 $\frac{1}{2}$ teaspoon $\frac{3}{4}$ medium 1 teaspoon $\frac{1}{2}$ cup $\frac{1}{2}$ cup 1 medium		
Snacks	popcorn margarine	2 $\frac{1}{2}$ cups $\frac{1}{2}$ teaspoon		Watched movies.

*Use this example for how to fill out the diary.