|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Date** |  |  |  |  |  |  |  |
| **Breakfast** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Dinner** |  |  |  |  |  |  |  |
| **Snack** |  |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |  |

**A food record helps you see what you are actually consuming over the day and evening.**

1. **Record all the Food and Beverages you ate.**
2. **Include the amount you ate: MEASURE the amount.**
3. **For grains(cereal, rice, pasta, etc), beans and lentils, vegetables and fruit in cups**
4. **For Meat, fish poultry and bread in ounces**
5. **For salad dressing and nut butters or butter: teaspoons or tablespoons**
6. **Beverages in ounces or cups**

1. **Exercise: include the amount of time and type of exercise.**

**This is a tool for us to help you. I look forward to connecting!**

**Linda**