

Food diary

Name _____ Date _____ Day of the week _____

Time	What you ate and drank (food, dish, brand)	How much (g, ml, pieces, spoons)	How it was prepared	How you felt, symptoms

Water and calorie-free drinks today _____ Supplements and medicines _____

Activity (what and for how long) _____ Was it a typical day? _____

Write everything down as you go: snacks, sauces, sugar in tea, cooking oil. Template by Calories Not Count, caloriesnotcount.com/food-diary-for-doctor/template

Food diary: week at a glance

Name _____ Week starting _____

Day	Breakfast	Lunch	Dinner	Snacks and drinks	How you felt, notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Note what and roughly how much: "oatmeal — a bowl, banana, coffee with milk". Template by Calories Not Count, caloriesnotcount.com/food-diary-for-doctor