

## FOOD DIARY

Directions: Fill in the 3-day food diary over three consecutive days, including one weekend day if possible. Record all food and drinks at each time of the day you eat or drink. Include as much detail as possible, including the mood you were in when you ate. Be as specific as you can about the food type and amounts (i.e., 1 tablespoon of low-fat mayonnaise).

### BREAKFAST Day 1

Time	Food	Portion size	Calories (if known)	Mood

### AM SNACK Day 1

Time	Food	Portion size	Calories (if known)	Mood

### LUNCH Day 1

Time	Food	Portion size	Calories (if known)	Mood

### AFTERNOON SNACK Day 1

Time	Food	Portion size	Calories (if known)	Mood

### DINNER Day 1

Time	Food	Portion size	Calories (if known)	Mood

### PM SNACK Day 1

Time	Food	Portion size	Calories (if known)	Mood

BREAKFAST Day 2

Time	Food	Portion size	Calories (if known)	Mood

AM SNACK Day 2

Time	Food	Portion size	Calories (if known)	Mood

LUNCH Day 2

Time	Food	Portion size	Calories (if known)	Mood

AFTERNOON SNACK Day 2

Time	Food	Portion size	Calories (if known)	Mood

DINNER Day 2

Time	Food	Portion size	Calories (if known)	Mood

PM SNACK Day 2

Time	Food	Portion size	Calories (if known)	Mood

BREAKFAST Day 3

Time	Food	Portion size	Calories (if known)	Mood

AM SNACK Day 3

Time	Food	Portion size	Calories (if known)	Mood

LUNCH Day 3

Time	Food	Portion size	Calories (if known)	Mood

AFTERNOON SNACK Day 3

Time	Food	Portion size	Calories (if known)	Mood

DINNER Day 3

Time	Food	Portion size	Calories (if known)	Mood

PM SNACK Day 3

Time	Food	Portion size	Calories (if known)	Mood