

Diet Diary For: \_

Date:

**INSTRUCTIONS :** Eat as you <u>normally</u> do. Please be honest and write down <u>everything</u> that passes your lips, this includes water, and everything you nibble on, including 4 chips from the chip bowl, <sup>1</sup>/<sub>4</sub> of a sandwich off little Bobby's plate. This is not a test, so the more accurate and honest you are the better. Complete this for a **4 day period**, including at least one weekend day, since we tend to eat differently on our time off. Take the time to think if you a genuinely hungry or are you eating because of social pressures, the time of the day, or boredom.

DATE	FOOD	QUANTITY	TIME	REASON FOR EATING	HUNGRY YES/NO
Sat. Jan 5th	Dempsters 100%	2 slices	6:30a	breakfast	yes
	whole wheat flax bread		m		
	Becel Margarine	2 tsp		Can't eat dry toast	
	Omega-3 scrambled eggs	2 large			
	President's Choice olive oil	1 tsp			
	Schneider's Honey Ham	3 oz			
	McCain's 100% orange juice	6 oz			
DATE	FOOD	QUANTITY	TIME	REASON FOR EATING	HUNGRY YES/NO

1	1	1			1
	1				

		<u> </u>	
-			