Name _____

Food Diary

Due Date: Wednesday, September 1, 2010

Day & Date of Diary: _____

You are to keep a food diary for 24 hours. Keep track of everything you eat that day: snacks and meals, foods and beverages. This should include:

- What you eat
- Where it came from (insofar as you can tell)
- Its caloric value
- How it was prepared
- When you eat it
- Where you eat it
- With whom you eat it
- How much was left over and what happened to it
- Whether or not you enjoyed it
- Anything else unusual about the meal or snack

For **one** of the processed foods you eat (food that comes in a box, can, or package with a label) you should also bring the label to class or make a list of the ingredients and manufacturer.

Breakfast

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Lunch

_____

_____

_____

_____

_____

Dinner

Snack #1

Snack #2

Snack #3