

Daily Food Diary

Date: _____

Print out this daily diary and use it to track what you eat each day. When you start on a weight loss plan, you can also use it to track calories, fat, and protein if you wish. (Use our [Nutrition Toolbox](#) to find out details about your foods.) Don't forget to include your beverages, including alcoholic drinks.

	Food or drink	Calories	Fat(g)	Protein(g)	Other
Breakfast					
Total					
Lunch					
Total					
Dinner					
Total					
Snacks					
Total					
Total for the day					
Notes					