

## Food Diary

Keeping track of the foods you eat is an important tool to help you control your weight. In the chart below, list the foods you ate at each meal. Record whether you ate at home or in a restaurant, and how you felt while you ate it (still hungry, satisfied, too full, etc.).

	<b>Fruits and Vegetables</b>	<b>Grains*</b>	<b>Dairy</b>	<b>Low-fat Protein</b>	<b>Red Meat</b>	<b>Processed Foods<sup>†</sup></b>
<b>Sunday</b>						
Breakfast						
Lunch						
Dinner						
Snack(s)						

\*Whole grains preferred; category includes everything made from grain, e.g., all breads, pasta, and corn- and rice-based foods.

<sup>†</sup>Cured meats, chips, packaged snacks and meals.



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<b>Monday</b>						
Breakfast						
Lunch						
Dinner						
Snack(s)						

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<b>Tuesday</b>						
Breakfast						
Lunch						
Dinner						
Snack(s)						

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<b>Wednesday</b>						
Breakfast						
Lunch						
Dinner						
Snack(s)						

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<b>Thursday</b>						
Breakfast						
Lunch						
Dinner						
Snack(s)						

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<b>Friday</b>						
Breakfast						
Lunch						
Dinner						
Snack(s)						

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<b>Saturday</b>						
Breakfast						
Lunch						
Dinner						
Snack(s)						

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