

DIET DIARY

Record EVERYTHING you eat and drink including any snacks. Please estimate quantity of food and include method of preparation (i.e. fried, steamed, boiled, etc.) Please indicate amount of sugar in coffee or tea. DO NOT ALTER YOUR REGULAR EATING HABITS. Include at least one weekend day, if possible.

	Day 1	Day 2	Day 3	Day 4
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				

