

A Lexington Medical Center Physician Practice

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## **Daily Food Diary**

| Date:           |                 |          |         |             |           |           |
|-----------------|-----------------|----------|---------|-------------|-----------|-----------|
|                 | Food and Drinks | Calories | Fat (g) | Protein (g) | Carbs (g) | Sugar (g) |
| Breakfast       |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 | TOTALS:         |          |         |             |           |           |
| Morning Snack   |                 |          |         |             |           |           |
| Lunch           |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 | TOTALS:         |          |         |             |           |           |
| Afternoon Snack |                 |          |         |             |           |           |
| Dinner          |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 |                 |          |         |             |           |           |
|                 | TOTALS:         |          |         |             |           |           |
|                 |                 |          |         |             |           |           |