**FITWATCH FOOD DIARY**

**DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Instructions:** Search for the food you've eaten in the FitWatch Food Database to get the total calories and grams of carbohydrate, protein and fat for that food. You can track carbs, protein and fat by either grams or calories. To calculate the calories from carbs, protein and fat, use these formulas:

* Carbohydrate grams x 4 = calories from carbohydrates
* Protien grams x 4 = calories from protein
* Fat grams x 9 = calories from fat

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| **Food Description** | **Serving Size** | **Total Calories** | **Carbs** | **Protein** | **Total   Fat** | **Mono.** | **Poly.** | **Sat.** |
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