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| **Food Diary Sample** |
| **Meal or Snack** | **Foods and Beverages  Consumed** | **Amount** | **Preparation Method** | **Fat Used** |
| \* Today’s Good Points: | | | | |
| \* What I Can Improve: | | | | |
| Breakfast (7:00 am) | Oatmeal | ½ cup cooked | Microwave | None |
|  | Skim milk | 8 ounces |  |  |
|  | Slivered almonds | 2 Tbsp |  |  |
|  | Apple | 1 medium |  |  |
|  | Water | 8 ounces |  |  |
| Snack (10:00 am) | Banana | 1 medium |  |  |
|  | Water | 24 ounces |  |  |
| Lunch (12:30 pm) | Spinach salad w/ veggies | 3 cups | Tossed | 1 tsp olive oil |
|  | Tuna canned in water Bean | 2 ounces |  |  |
|  | Vegetable soup | 1 cup |  |  |
|  | Whole wheat crackers | 5 crackers | Baked |  |
|  | Water | 12 ounces |  |  |
| Snack (3:00 pm) | Nonfat cottage cheese | 4 ounces |  |  |
|  | Mandarin oranges | ½ cup |  |  |
|  | Water | 16 ounces |  |  |
| Dinner (6:30 pm) | Chicken breast, boneless, skinless | 4 ounces | Grilled | Cooking spray |
|  | Broccoli | 2 cups | Steamed |  |
|  | Brown rice | 1 cup | Steamed | 2 tsp light margarine |
|  | Water | 8 ounces |  |  |
| Snack  (9:00 pm) | Lowfat yogurt Mango | 8 ounces |  |  |
|  | kiwi and strawberry slices | 1 cup |  |  |