

# Daily Food Diary

Date: \_\_\_\_\_

Print out this daily diary and use it to track what you eat each day. When you start on a weight loss plan, you can also use it to track calories, fat, and protein if you wish. (Use our [Nutrition Toolbox](#) to find out details about your foods.) Don't forget to include your beverages, including alcoholic drinks.

	Food or drink	Calories	Fat(g)	Protein(g)	Other
<b>Breakfast</b>					
<b>Total</b>					
<b>Lunch</b>					
<b>Total</b>					
<b>Dinner</b>					
<b>Total</b>					
<b>Snacks</b>					
<b>Total</b>					
<b>Total for the day</b>					
<b>Notes</b>					