

# 24-hour Food Diary

Keeping track of the foods you eat is an important tool to help you understand and control your weight, including your current eating habits. In the chart below, list the foods you ate at each meal, with a rough estimate of portion sizes if possible. You do not need to fill out all boxes if it is not relevant to you.

<b>BREAKFAST</b>  <i>Time:</i>	
<b>MID-MORNING SNACK</b>  <i>Time:</i>	
<b>LUNCH</b>  <i>Time:</i>	
<b>AFTERNOON SNACK</b>  <i>Time:</i>	
<b>DINNER</b>  <i>Time:</i>	
<b>EVENING SNACK</b>  <i>Time:</i>	
<b>LATE NIGHT SNACK</b>  <i>Time:</i>	