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## Food Log

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

### Diet History Day 1 (weekday)

Enter as much information as possible. Be precise: brand, exact quantity/portion size, cooking method.

Time	Meal/where	Foods/Beverages/Amounts
Ex. 7:45	Breakfast Kitchen	(EXAMPLE) 1 ½ cup of quick oats oatmeal, two tablespoons brown sugar, ¼ cup of 2% milk, pinch of salt
	AM Snack	
	Lunch	
	PM Snack	
	Supper	
	Evening Snack	

## Diet History Day 2 (weekday)

Enter as much information as possible. Be precise: brand, exact quantity/portion size, cooking method.

Time	Meal/where	Foods/Beverages/Amounts
Ex.	Breakfast	
	AM Snack	
	Lunch	
	PM Snack	
	Supper	
	Evening Snack	

## Diet History Day 3 (weekday)

Enter as much information as possible. Be precise: brand, exact quantity/portion size, cooking method.

Time	Meal/where	Foods/Beverages/Amounts
Ex.	Breakfast	
	AM Snack	
	Lunch	
	PM Snack	
	Supper	
	Evening Snack	