

# DAILY FOOD LOG

PHOTOCOPY THIS TEMPLATE FOR YOUR DAILY TRACKING

Calories    Fat (g)    Sodium (mg)    Carbs (g)    Fibre (g)    Protein (g)    Other

Breakfast	Time	Portion	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fibre (g)	Protein (g)	Other
BREAKFAST TOTALS			----	----	----	----	----	----	----
Snack	Time								
SNACK TOTALS			----	----	----	----	----	----	----
Lunch	Time								
LUNCH TOTALS			----	----	----	----	----	----	----
Snack	Time								
SNACK TOTALS			----	----	----	----	----	----	----
Dinner	Time								
DINNER TOTALS			----	----	----	----	----	----	----
Snack	Time								
SNACK TOTALS			----	----	----	----	----	----	----
DAILY TOTALS			----	----	----	----	----	----	----

  

	target	actual	
<b>DAILY FOOD GOALS</b>			calories
			protein (g)
			carbs (g)
			fat (g)
			water (6 oz glasses)
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# FOR BETTER FOR WORSE



CHOOSE MOST OFTEN – CARBS	CHOOSE LEAST OFTEN – CARBS
Whole wheat (not enriched) flour	White flour
Agave nectar, stevia, honey	Sugar, high fructose corn syrup
Whole wheat toast	White toast
Whole wheat pasta, brown rice	Pasta & rice
Yams, sweet potatoes	White potatoes

CHOOSE MOST OFTEN – FATS	CHOOSE LEAST OFTEN – FATS
Poly- & mono- unsaturated fats (nuts, avocados, olive and canola oil)	Saturated fats, trans fats (hydrogenated oils, margarines)
Steamed, poached, grilled, raw, roasted, baked foods	Fried foods
Vinaigrettes	Creamy dressings
Broth-based soups	Creamy soups
Olive oil	Au gratin anything
Skim/fat-free milk	Whole milk
Slow-churned/double-churned “light” ice creams (check sugar content), frozen low-fat/fat-free yogurts	Premium ice cream
Low-fat or fat-free cheeses & yogurts	Cheeses & yogurts

CHOOSE MOST OFTEN – PROTEINS	CHOOSE LEAST OFTEN – PROTEINS
Turkey burger, veggie burger, soy burger (check sodium content)	Hamburger
Lean cuts of pork	Fatty cuts (brisket, prime rib)
Turkey or chicken breast	Sausage
Soy dogs (check sodium content)	Hot dogs
Vegetable protein (soy, beans, nuts)	Red meats