

How to Keep a Food Diary

It's been proven that people who keep a diary of the foods they eat are much more likely to maintain their weight loss than those who don't, so this Daily Diary can be a powerful tool to help you succeed. Remember, as you and your doctor plan your meals, the best kind of weight loss results from limiting your fat intake. Calories from fat should equal no more than 30% of your daily calories. To use the diary, simply record the foods that you eat, including the amounts and number of calories and grams of fat, in the pages provided. Include everything that you drink except calorie-free beverages, such as water, sugar-free tea or black coffee, and diet soda. Try to be as accurate as possible.

Day: _____

	Food & Beverage	Quantity	Calories	Fat Grams
Breakfast				
Lunch				
Afternoon Snack				
Dinner				
Evening Snack				

Notes: