

Nutrition Education from the Salmon Center

Food Diary

Ages 10+

Instructions: For three days, record your meals below. Each day also answer the questions on the chart on the next page. When it's filled out, think about what you ate. Are there any habits you'd like to keep? Did you try a new food you'd like to have again? Were there any questions on the chart you couldn't answer? Why?

Day One:

Breakfast:

Lunch:

Dinner:

Snack:

Day Two:

Breakfast:

Lunch:

Dinner:

Snack:

Day Three:

Breakfast:

Lunch:

Dinner:

Snack:

	How many colors of fruits/veggies did you eat?	What did you eat that was a carbohydrate? A source of protein?	What's your favorite thing you ate today?	Did you eat something you've never tried before? Did you like it?
Day One				
Day Two				
Day Three				