## **FOOD DIARY**

Patient Name:	Date Started:

Grain   Meat   Liquid   Fr. or Veg   OTHER   FEELING	DAY	FOOD	& QUANTI	Physical or Emotional			
Mon   1-1/2 C   1/4 C Almonds   Energetic; Knee stiff					Fr. or Veg	OTHER	FEELING
Chraddad Wht	EXA	MPLE	LINE				
	Mon	1-1/2 C Shredded Wht		1 C milk		<sup>1</sup> / <sub>4</sub> C Almonds	Energetic; Knee stiff

DAY	FOOD & QUANTITY (Put food in best fitting category)  Grain Meat Liquid Fr. or Veg OTHER					Physical or Emotional
	Grain	Meat	Liquid	Fr. or Veg	OTHER	Physical or Emotional FEELING