

FOOD RECORD

Name:	Date:
eat, and to	food record is helpful to learn about calories, to become more aware of the foods you look for patterns in your eating habits. It is one of the best ways to help you change g habits. Use the table below to:
	d the time, quantity of the food you are eating along with grams of protein, ates, and calories.
	an also track your intake on a phone app like Bariatastic (preferred) or My Fitness Pal. If ing the app you do not need to keep a paper food log.
the • The	to your app store and download Baritastic (preferred) or My Fitness Pal. If you are using app, you do not need to keep a paper food log. e app will ask for a program code. Choose skip

Time	Food	How Much?	Grams of Carbohydrates	Grams of Carbohydrate	Calories



Time	Food	How Much?	Grams of Carbohydrates	Grams of Carbohydrate	Calories
			,	,	



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			,	,	