# Daily Food Diary

**Name**: ___________________________________________  **Date**: ____________

### Breakfast

<table>
<thead>
<tr>
<th>Serving</th>
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Hunger level after breakfast:
- [ ] Very Hungry  
- [ ] Somewhat Hungry  
- [ ] Content  
- [ ] Comfortably Full  
- [ ] Very Full

### Lunch

<table>
<thead>
<tr>
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Hunger level after lunch:
- [ ] Very Hungry  
- [ ] Somewhat Hungry  
- [ ] Content  
- [ ] Comfortably Full  
- [ ] Very Full
### Dinner:

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<thead>
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**Hunger level after dinner:**

- [ ] Very Hungry
- [ ] Somewhat Hungry
- [ ] Content
- [ ] Comfortably Full
- [ ] Very Full

### Snacks:

<table>
<thead>
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**Hunger level after snacks:**

- [ ] Very Hungry
- [ ] Somewhat Hungry
- [ ] Content
- [ ] Comfortably Full
- [ ] Very Full

### Totals/Number of Servings:

- Calories: ____________
- Fat: ____________
- Fiber: ____________
- Carbohydrate: ____________
- Sodium: ____________

Check off your totals:

- Grains: ○○○○○○○○ ○○○○○○○○
- Vegetables: ○○○/○○
- Fruits: ○○/○○
- Milk: ○○○/○
- Meat: ○○/○
- Water: ○○○○○○○○○○○○○○

Which groups did you consume too much of?

Which groups did you not consume enough of?

What substitutions could you have made to stay within your acceptable ranges?