

Food Log

Write each food that you are going to eat today. Break the food into each of its components. For example: If you are having a peanut-butter-and-jelly sandwich, write 2 pieces of bread, 2 tablespoons of peanut butter, and 2 tablespoons of jelly, each on separate lines. Use a calculator and the food label to fill in the nutrition information. Try to measure as carefully as possible to get a close estimate of total calories. An example is included.

Food	Calories	Carbo- hydrates (g)	Fat (g)	Protein (g)	Fiber (g)	Calcium (mg)	Sodium (mg)
Peanut Butter 2 Tablespoons	188	6.3	16.1	8	2	0	147
Totals							

Recipe for _____

Ingredients _____

Directions _____

Recipe for _____

Ingredients _____

Directions _____

Recipe for _____

Ingredients _____

Directions _____

Recipe for _____

Ingredients _____

Directions _____

Recipe for _____

Ingredients _____

Directions _____

Recipe for _____

Ingredients _____

Directions _____