

## 24-HOUR FOOD LOG

Tracking food intake is a powerful tool to understand your eating habits by creating awareness of what, when, and how much you eat. Keeping a food record ensures you meet nutritional needs, manage portion sizes, and stay aligned with your health goals.

MEAL TIME	FOOD/BEVERAGES	AMOUNT (IE: CUP, SLICE)	MEAL TYPE (CIRCLE ONE)	NOTES: ENERGY, MOOD, DIGESTIVE ISSUES
Breakfast	Mini quiche Egg Coffee	3 1 egg 2 cups	HOME-COOKED PURCHASED/ RECEIVED	I was hungry before lunch
Snack			HOME-COOKED PURCHASED/ RECEIVED	
Lunch	Vegetable wrap: whole wheat tortilla; turkey; spinach; blueberries	1 wrap; 1 tortilla; 2oz turkey; 1/2C spinach; 1/4C blueberries	HOME-COOKED PURCHASED/ RECEIVED	
Snack	Super Fruit Salad Water	1 cup 20 oz	HOME-COOKED PURCHASED/ RECEIVED	
Dinner	Salmon Burger: Whole wheat bun Spinach Carrot sticks Milk	1 burger 1 bun 1/4C 1 cups 8oz	HOME-COOKED PURCHASED/ RECEIVED	Felt light and energized after meal
Snack	Diet Limeade	32oz	HOME-COOKED PURCHASED/ RECEIVED	

### SMART Goal:

My nutrition goal: *Eat 2 cups of vegetables today*

### Health Patterns:

What patterns do I notice in my food intake today?

*Eating carrot sticks instead of chips helped me reach my vegetable goal, plus I felt better after the meal than when I eat greasy and salty foods.*

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My nutrition goal:

**Health Patterns:**

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