

Tri City Endocrinology and Metabolism: Food Diary
Chris K. Guerin, M.D., F.A.C.E./ Derek D. Mafong, M.D.

Breakfast

Date _____

Amount/Size	Food Description	Calories	Carbs.	Fats

Snack

Amount/Size	Food Description	Calories	Carbs.	Fats

Lunch

Amount/Size	Food Description	Calories	Carbs.	Fats

Snack

Amount/Size	Food Description	Calories	Carbs.	Fats

Dinner

Amount/Size	Food Description	Calories	Carbs.	Fats

	Totals			
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