

# Tri-City Endocrinology and Metabolism: Food Diary

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## *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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Date \_\_\_\_\_

*Breakfast*

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

	<b>Totals</b>			
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