

Daily Food Diary

Circle one: Mon Tue Wed Thurs Fri Sat Sun

Date: _____

Time	Food/Beverage	Portion
7:04 AM	Cheerios	1 medium bowl

Mark the number of 8 ounce (oz) cups of **sugar-free** drinks you had today:



Portion Estimation

Hand-y tips to help you guess how much you are eating or your portion



1 fist or 2 handfuls
1 cup



1 handful
½ cup



1 palm
3 oz.



2 thumb tips
1 Tbsp



Check yourself!

Did you eat...? Please check all that apply

- A meal or a snack every 3-4 hours
- 5-9 fist sized portions of fruits and vegetables
- At least 8 cups of sugar-free beverages

Send your completed diary to your Dietitians!

Fax: (718) 405-5609 **Email:** mbrownst@montefiore.org AND lshack@montefiore.org

Please don't forget to include your name and preferred contact info on the top of all pages