



Checklist:	Beverages Alcohol Regular vs. Diet	High Fat/Sugar Snacks Combination Foods Composite Dishes	Bread/Cereal Variety Milk/Butter Added	Dairy Whole/Semi/Skimmed Type of Cheese	Fruit & Vegetables Method of Preparation Fresh/Canned/Frozen	Meat/Fish Cuts of Meat/Fish Batter/Breaded Raw or Cooked Weight Fish
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Name:		Date:			
Time	Meal	Food Item	Servings	Portion	Comments
					Please include any extra information