

Daily Food \_\_\_\_\_ Diary for Date \_\_\_\_\_



Food Group	Food Name and Amount
<b>Breakfast</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	
<b>Lunch</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	
<b>Dinner</b>	
Grains/Starches	
Vegetables	
Fruits	
Dairy	
Protein	
Fats/Sweets	
Beverages	
<b>Comments</b>	
<b>Snack</b>	



Filename: Daily Food  
Directory: C:\Documents and Settings\DONNETTE DAVIS\My Documents\calendars2008  
Template: C:\DOCUME~1\DONNET~1\LOCALS~1\Temp\TCD1AD.tmp  
    \Food diary.dot  
Title:  
Subject:  
Author: DONNETTE DAVIS  
Keywords:  
Comments:  
Creation Date: 12/14/2007 10:03:00 AM  
Change Number: 2  
Last Saved On: 12/27/2007 12:44:00 PM  
Last Saved By: DONNETTE DAVIS  
Total Editing Time: 2 Minutes  
Last Printed On: 12/27/2007 12:44:00 PM  
As of Last Complete Printing  
    Number of Pages: 2  
    Number of Words: 62 (approx.)  
    Number of Characters: 360 (approx.)