

## DIET DIARY

Name \_\_\_\_\_ Period \_\_\_\_\_ Assign # \_\_\_\_\_

Directions: Record **all** of the food you eat every day for one week. Be sure to include snacks. At the end of the week, analyze your eating habits with the information you have learned about MyPyramid or use the personal tracker on the website. Answer the questions on **DAILY DIET QUESTIONS**.

|           | DAILY FOOD INTAKE |       |        |        |
|-----------|-------------------|-------|--------|--------|
|           | BREAKFAST         | LUNCH | DINNER | SNACKS |
| SUNDAY    |                   |       |        |        |
| MONDAY    |                   |       |        |        |
| TUESDAY   |                   |       |        |        |
| WEDNESDAY |                   |       |        |        |
| THURSDAY  |                   |       |        |        |
| FRIDAY    |                   |       |        |        |
| SATURDAY  |                   |       |        |        |