

NUTRIENT ANALYSIS REPORT

STEPS:

1. CHOOSE A TYPICAL DAY. PLEASE TAKE PICTURES OF YOUR MEALS, DRINKS AND SNACKS THROUGHOUT A FULL DAY.
2. ALSO RECORD THE DETAILS USING THE TEMPLATE BELOW.
3. EMAIL IT TO ELAINE DIETITIAN.



1-DAY FOOD JOURNAL

DATE: / /

MEAL&TIMING		PORTION
BREAKFAST (FIRST MEAL) TIME: ____		
SNACKS		
LUNCH (SECOND MEAL) TIME: ____		
SNACKS		
DINNER (THIRD MEAL) TIME: ____		
NOTES		