Dietary Log Sheet

Today's Date: _____

Time of Day	Food Consumed	Amount	Calories	Protein (gms.)	Carbs. (gms.)	Fat (gms.)	Sodium (mgs.)	Sugar (gms.)	Fiber (gms.)	Bread, Rice, Cereal, Pasta Potato Group	Vege-table Group	Fruit Group	Meat, Eggs, Fish, Poultry, Beans, Nuts, Seeds Group	Milk, Yogurt, Cheese Group