**Food Log Example**

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| **Time** | **Place** | **Thoughts and Feelings** | **Foods and Beverages (And how prepared)** | **Amount** |
| 8:15 am | Home  (kitchen, at table, in front of TV) | Hungry, in a hurry | Egg, poached Orange juice Toast Margarine | 1  1/2 cup 1 slice  1 tsp |
| 10:00 am | Work |  | Coffee | 1 cup |
| 12:30 pm | Home | Hungry, ate alone | Sandwich: Bread Roast beef Mayonnaise  Lettuce, tomato Sugar cookies Low-fat (1%) milk | 2 slices reg.  2 oz  1 tbsp lite  2  1 1/2 cups |
| 6:00 pm | Restaurant (fast food, take out, sit down) | Enjoyed friends, got too full | Fried chicken Coleslaw Mashed potatoes Gravy  Apple pie Lemonade | 1 leg and thigh 1/2 cup  1 cup 1/4 cup 1 piece  1 1/2 cups |
| 10:00 pm | Movie | Tired, popcorn smelled good | Buttered popcorn Diet cola | 2 cups  2 cups (16 oz) |

**Food Log**

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| Name |  | Day |  | Date |

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| **Time** | **Place** | **Thoughts and Feelings** | **Foods and Beverages (And how prepared)** | **Amount** |
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