

Life Shapes Food Record

Date _____

Day of the Week M T W TH F Sa Su

	Food/Drink	Amount	Carbohydrate Group(s)	Protein Group(s)	Fat Group(s)	Free Food	Activity/Comments
M E A L							
Snack							
M E A L							
Snack							
M E A L							
Snack							

| 1 Carbohydrate Group=15g Carbohydrate | 1 Fat Group=5g Fat | 1 oz Protein Group=7g protein |