



Nutrition Record

MY FOOD LOG

Think about the amount and types of food you eat in an average week. It may help to write down what you have eaten, the amounts, and when you ate them, to be able to answer the questions below.

PRODUCTS BY TYPE	AMOUNT PER DAY (IF NONE, PUT A "0")	ESTIMATE HOW MANY TIMES EACH WEEK
Dairy		
Milk—Whole	Cups	
Milk—2%	Cups	
Milk—1%	Cups	
Milk—nonfat or skim	Cups	
Cream or half-and-half	Cups	
Cream cheese or sour cream—REGULAR	ounces	
Cream cheese or sour cream—LOW FAT	ounces	
Ice cream: Regular	Cups	
Ice cream: Reduced fat, sorbet, frozen yogurt	Cups	
Ice cream: Low-carb	Cups	
Ice cream: Fat free, sorbet, frozen yogurt	Cups	
Ice cream: No sugar added	Cups	

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