

# Food Diary Worksheet

NAME

Sodium  
(mg)

2,400  
or less

Calorie  
Goal

2,000

DATE	Food Description	Amount	Sodium	Calories
	Campbell's Chicken Noodle Soup	1 can		
	Chunky Classic Chicken Noodle Soup	1 can		
	Chunky Healthy Request Chicken Noodle	1 can		
<b>EX. ①</b>	Whole Wheat Bread	2 slices		
	Turkey Breast, Smoked	2 oz. (2 slices)		
	Light Mayo	1 t *		
	<b>TOTAL</b>			
<b>EX. ②</b>	Whole Wheat Bread	2 slices		
	Leftover Chicken Breast	2 oz.		
	Light Mayo	1 t *		
	<b>TOTAL</b>			
<b>EX. ③</b>	McDonald's Double Cheeseburger	1		
	Medium Fries	1		
	Coke (regular), medium	20 oz.		
	<b>TOTAL</b>			
<b>EX. ④</b>	Macaroni and Cheese	2 cups		
	Hot Dog – Beef	2		
	Green Beans	1 cup		
	Butter	1 T *		
	Apple Pie	1/8 pie		
	Ice Cream – Vanilla (regular)	1/2 cup		
	<b>TOTAL</b>			
<b>EX. ⑤</b>	Pork Chop – Lean	1 chop		
	Baked Potato	1 medium		
	Margarine, reduced calorie, soft	1 T *		
	Broccoli (no butter)	1 cup		
	Lettuce with Tomato	2 cups		
	Dressing – Low Fat French	2 T *		
	Beer – Light	12 oz.		
	<b>TOTAL</b>			

\* t = teaspoon; T = tablespoon