

Daily Diet Digest

Name _____

Date _____

Directions

Record what you eat and drink for four days. Write down everything, including snacks.

Ask your parents for the food wrappers to find the grams of sugar and fat.

Record the calories too. If you don't have the wrapper access this website:

<http://caloriecount.about.com> The calorie counter is on the class website: bigbearkids.com

MONDAY

	Food #1	Food #2	Food #3	Drinks	Other		Totals
Breakfast Calories Fat Sugar							
Lunch Calories Fat Sugar							
Dinner Calories Fat Sugar							
Snacks Calories Fat Sugar							

TUESDAY

	Food #1	Food #2	Food #3	Drinks	Other		Totals
Breakfast Calories Fat Sugar							
Lunch Calories Fat Sugar							
Dinner Calories Fat Sugar							
Snacks Calories Fat Sugar							

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WEDNESDAY

	Food #1	Food #2	Food #3	Drinks	Other	Totals
Breakfast Calories Fat Sugar						
Lunch Calories Fat Sugar						
Dinner Calories Fat Sugar						
Snacks Calories Fat Sugar						

THURSDAY

	Food #1	Food #2	Food #3	Drinks	Other	Totals
Breakfast Calories Fat Sugar						
Lunch Calories Fat Sugar						
Dinner Calories Fat Sugar						
Snacks Calories Fat Sugar						

TOTALS

Please use a calculator to add the totals.

CALORIES _____
FAT _____
SUGAR _____