# Nutritional Synergy Food Intake Form

Kathryn J. Shattler, MS, RDN

Kathy.shattler@comcast.net

Daily Food Diary: Date\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Breakfast | Serving Size | Est. Calories | Food Eaten | Comments/Symptoms |
| Grains |  |  |  |  |
| Vegetables |  |  |  |  |
| Fruits |  |  |  |  |
| Dairy |  |  |  |  |
| Protein |  |  |  |  |
| Water |  |  |  |  |
| Fats |  |  |  |  |
| Fruit juice |  |  |  |  |
| Other… |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Lunch | Serving Size | Est. Calories | Food Eaten | Comments/Symptoms |
| Grains |  |  |  |  |
| Vegetables |  |  |  |  |
| Fruits |  |  |  |  |
| Dairy |  |  |  |  |
| Protein |  |  |  |  |
| Water |  |  |  |  |
| Caffeinated Drinks |  |  |  |  |
| Fats |  |  |  |  |
| Other… |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Dinner | Serving Size | Est. Calories | Food Eaten | Comments/Symptoms |
| Grains |  |  |  |  |
| Vegetables |  |  |  |  |
| Fruits(juice/fresh) |  |  |  |  |
| Dairy |  |  |  |  |
| Protein |  |  |  |  |
| Water |  |  |  |  |
| Caffeinated Drinks |  |  |  |  |
| Fats |  |  |  |  |
| Other… |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Snacks | Serving Size | Est. Calories | Food Eaten | Comments |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |