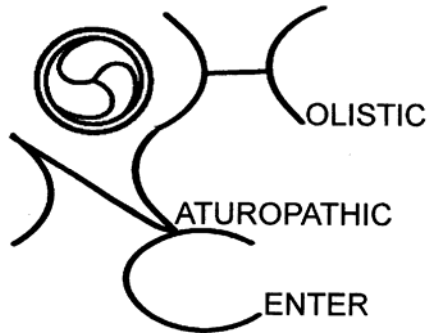


Name: _____ Date: _____



Holistic Naturopathic Center Daily Diet Log

The Holistic Naturopathic Center Daily Diet Log is part of our in-depth nutritional assessment. The basis for this analysis is generated from your actual food choices and quantities of each. The SAMPLE LOG is an example of how you should record the foods that you typically consume. Keep this log with you so that your foods may be recorded. You should be as specific as possible when making entries into the log.

Use the codes and index abbreviations provided to record quantity of foods you consume. Be as accurate and complete as possible when making entries into the Diet Log. A minimum of three days is required for the analysis.

QT = Quart
OZ = Ounce
LB = Pound
C = Cup
T = Tablespoon
t = Teaspoon
1 oz = 27 Grams
1 kilo = 2.2 Pounds

SL = Slice
Appr = Approximate
PT. = Pint
GL. = Gallon
16 oz = 1 Pound

Name: _____ Date: _____

SAMPLE LOG

DAY 1

Meal 1: <i>BREAKFAST</i>
3 OZ HASH BROWN POTATOES
1 C MILK (2% MILK FAT)
1 SMALL APPLE
1 FRIED EGG IN BUTTER
2 SL WHOLE WHEAT TOAST
Meal 2: <i>Lunch</i>
2 SL WHOLE WHEAT BREAD
1 TSP MAYONNAISE
1 OZ TURKEY
3 LETTUCE LEAVES
1 DIET PEPSI (12 OZ)
1/2 C POTATO SALAD
1 SMALL APPLE
Meal 3: <i>Dinner</i>
6 OZ BAKED COD
1 DINNER ROLL
1 MED BAKED POTATO
1/2 C CORN
2 TSP BUTTER
1 C MILK
1 SL APPLE PIE
1 OZ CREAM
Meal 4: <i>Snack</i>
2 PEPSI (12 OZ)
2 C COFFEE
2 OZ JACK CHEESE

Meal 1:
Meal 2:
Meal 3:
Meal 4:
Meal 5:

