

Daily Food Consumption Log



Name: _____ Time Period of Log: _____

| Day/Date: | Foods Consumed | Factors Influencing Choices (Check as many as apply) | | | | | | | | |
|--|----------------|--|--------------------|----------------|-------------|------|---------------------|-------------|-----------------------|-------|
| | | Family choices | Friends' influence | Health factors | Convenience | Cost | Culture or Religion | Advertising | Seasonal availability | Other |
| Breakfast | | | | | | | | | | |
| Morning snack | | | | | | | | | | |
| Lunch | | | | | | | | | | |
| Afternoon snack | | | | | | | | | | |
| Dinner (supper) | | | | | | | | | | |
| Evening snack | | | | | | | | | | |
| Potential Environmental Consequences (specify) | | Possible Actions You Can Take | | | | | | | | |

