Food Records

Time	Hunger Level*	Thoughts/Mood	Food	Calories	Protein
(start and finish)			(include portions eaten; all condiments and beverages, how prepared, brands)		

*Rank your hunger level when you start eating on a scale from 1 to 5, where 1 = not at all hungry and 5 = very hungry.

Copyright 2012 Academy of Nutrition and Dietetics. This material may be used for patient counseling or education.

Time	Hunger Level*	Thoughts/Mood	Food	Calories	Protein

*Rank your hunger level when you start eating on a scale from 1 to 5, where 1 = not at all hungry and 5 = very hungry.

Copyright 2012 Academy of Nutrition and Dietetics. This material may be used for patient counseling or education.