

Adolescent & Young Adult Medicine, P.S.

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FOOD JOURNAL

Name: _____ Date: _____ to _____

	Place	Food and Liquid	B?	P?	Feeling & Thinking
BREAKFAST 1 c cereal 1 c milk or 1 glass of calcium fortified O.J. 1 egg 1 piece of fruit OR 2 pieces toast or large bagel 1 TBSP butter, 1 TBSP peanut butter, or 2 TBSP cream cheese 1 c milk or 1 glass of calcium fortified O.J. 1 piece of fruit					
LUNCH 2 pieces of bread or 2 tortillas or 1 lg. bagel AND 3 oz. Chicken, Tuna, Turkey, or Beef with 1 TBSP mayonnaise, 1 oz. Cheese or 2 Tbsp cream cheese OR 2 Tbsp. peanut butter OR 4 Tbsp. cream cheese OR 3 eggs <u>and</u> piece of fruit SNACK 6 crackers 1 slice of cheese 1 piece of fruit Other OR 1 carton whole yogurt OR 1 Boost or Ensure Bar					
DINNER (WITH FAMILY) 4 oz chicken, fish, beef, pork, tofu (size of deck of playing cards), 2/3 c cooked beans, or 2 eggs 1 ½ c. rice, pasta, two tortillas or medium to large potato with 1 TBSP butter, olive oil, or sour cream 2 c. fresh vegetables 1 c. salad with 1 TBSP dressing					

**NOTE: NO lowfat, low-cal, diet food or drink
YES/NO**

BOOST PLUS / ENSURE PLUS

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