



**Mid Carolina**  
Internal Medicine

A Lexington Medical Center  
Physician Practice

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Lexington Medical Center

# Daily Food Diary

Date: \_\_\_\_\_

	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
<b>Breakfast</b>						
<b>TOTALS:</b>						
<b>Morning Snack</b>						
<b>Lunch</b>						
<b>TOTALS:</b>						
<b>Afternoon Snack</b>						
<b>Dinner</b>						
<b>TOTALS:</b>						
<b>TOOTAL FOR THE DAY:</b>						