

FOOD JOURNAL

BeatingSugarAddiction.com

DATE: _____

TIME	WHAT YOU ATE	APPROXIMATE PORTION

If you find that you need additional help with nutrition planning, we invite you to utilize the daily Online Nutrition Counseling service from www.gettingfit.com for fantastic results.

- 1. Use one sheet each day.
- 2. Write it down as soon as you eat it – don't wait until later.
- 3. Record a food's components.
- 4. Give a blank copy to a friend or family member.

