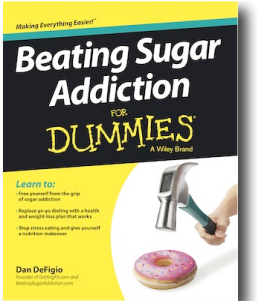
FOOD JOURNAL

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.**