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Your Typical Food Intake In One Day

Name:		Date:	
	Amount of food e.g. 1 cup, 3 oz., 1 slice	Detailed description of all food eaten in one typical day e.g. skim milk instead of "milk" or baked chicken instead of "meat"	
Breakfast Time:			
Snack Time:			
Lunch Time:			
Snack Time:			
Dinner Time:			
Snack Time:			