Applying Concepts for Healthy Living: A Critical-Thinking Workbook Ι

Daily Food Record

Name _____

Date _____

Food Item	Amount Eaten	Calories	Prot. (g)	Fat* (g)	Vit. A (RE)	Vit. C (mg)	Vit. E (mg)	Folate (µg)	Calcium (mg)	Iron (mg)
										(0/
	Totals									

*No DRI

Total calories from alcohol _____

46