**Food Log**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**DUE DATE: Wednesday, March 11th. Late work not accepted after Friday, March 13th.**

Websites to find out how many calories are in the foods you are eating.

[www.myfooddiary.com](http://www.myfooddiary.com)

<http://www.myfitnesspal.com/>

<http://www.calorieking.com/foods/>

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Breakfast** | | **Lunch** | | **Dinner** | | **Snack** | |
| **Food/Drink** | **Calories** | **Food/Drink** | **Calories** | **Food/Drink** | **Calories** | **Food/Drink** | **Calories** |
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**Total Calories for the Day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**