Food Log

For 2 weeks, you will be tracking all food intake. Each day you must record corresponding calories and sugar content of everything you eat throughout the day. You must also calculate and record your total caloric and sugar consumption for the day.

Note: We are not counting calories or trying to limit caloric intake- our main point of interest is sugar consumption.

For help finding calories and sugar content visit <https://caloriecontrol.org/healthy-weight-tool-kit/food-calorie-calculator/>.

DUE DATES:

March 23-27 – Due Friday, March 27

April 6-10- Due Friday, April 10

Email to Mr. Scott

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1 tsp = 4 g

Recommended sugar per day = 6 tsp (24 g)

Monday, March 23

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food  | Calories | Sugar (tsp) |
| Breakfast  |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| **TOTAL** |  |  |

Tuesday, March 24

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food  | Calories | Sugar (tsp) |
| Breakfast  |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| **TOTAL** |  |  |

Wednesday, March 25

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food  | Calories | Sugar (tsp) |
| Breakfast  |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| **TOTAL** |  |  |

Thursday, March 26

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food  | Calories | Sugar (tsp) |
| Breakfast  |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| **TOTAL** |  |  |

 Friday, March 27

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food  | Calories | Sugar (tsp) |
| Breakfast  |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| **TOTAL** |  |  |

Monday, April 6

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food  | Calories | Sugar (tsp) |
| Breakfast  |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| **TOTAL** |  |  |

Tuesday, April 7

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food  | Calories | Sugar (tsp) |
| Breakfast  |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| **TOTAL** |  |  |

Wednesday, April 8

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food  | Calories | Sugar (tsp) |
| Breakfast  |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| **TOTAL** |  |  |

Thursday, April 9

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food  | Calories | Sugar (tsp) |
| Breakfast  |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| **TOTAL** |  |  |

Friday, April 10

|  |  |  |  |
| --- | --- | --- | --- |
|  | Food  | Calories | Sugar (tsp) |
| Breakfast  |  |  |  |
| Lunch  |  |  |  |
| Dinner |  |  |  |
| Snacks |  |  |  |
| **TOTAL** |  |  |