



A Lexington Medical Center Physician Practice

811 W. Main Street, Suite 207, Lexington, SC 29072
 Ph: (803) 358-6420 • Fx: (803) 358-6450
 SandhillsFamilyMedicine.com



Daily Food Diary

Date: _____

	Food and Drinks	Calories	Fat (g)	Protein (g)	Carbs (g)	Sugar (g)
Breakfast						
TOTALS:						
Morning Snack						
Lunch						
TOTALS:						
Afternoon Snack						
Dinner						
TOTALS:						
TOATAL FOR THE DAY:						