

A Lexington Medical Center Physician Practice

1846 Dutch Fork Road, Irmo, SC 29063 Ph: (803) 781-5200 • Fx: (803) 781-3843 LFPBallentine.com



Daily Food Diary

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