Food Counts Worksheet

Date:	**Day #**

Record your food counts for the day on this sheet. Columns are provided for calories, fat, saturated fat, trans fats, cholesterol, sodium, carbohydrates, fiber, sugar and protein. Be sure to include your beverages! At the bottom of the page keep track of the amount of water you drink. Some recommend 64 oz. or half your body weight for adults. Check with your doctor or nutritionist to find out what is best for you.

Food description and amounts - measure!!!	calorie	fat	sat	trans	chol	sod	carb	fiber	sug	prot
Totals:										

Water: