

## Lesson 5: Food Journal Examples



Below is Selma's food journal. Notice how she recorded her meal, snacks and made comments.

### Selma's Food Journal

**Saturday:** 12/06/14

**Breakfast:** orange juice, dish of cheese and crackers

**Snack:** bagel, cream cheese, soda

**Lunch:** Drive through- cheeseburger deluxe, large fries, soda and a chocolate chip cookie!

**Snack:** soda, bag of chips

**Dinner:** 2 pork chops, salad, mashed potatoes, chocolate cake and milk

**Snack:** chocolate cake and milk

**Comments:** I really wasn't hungry for the chips and soda, but I had met some friends and it was just something to do while we were hanging out. A bottle of water would have been better. The snack after dinner was not necessary, but that cake looked so good, hungry or not. Unfortunately for me, Mom makes great desserts!

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## Lesson 5: Food Journal Examples

**Sunday:** 12/07/14

**Breakfast:** 2 pancakes, 4 slices of bacon, orange juice

**Snack:** an apple, cheese and crackers

**Lunch:** ham and cheese sandwich on a roll, chips, soda

**Snack:** none

**Dinner:** spaghetti and meatballs (2), salad, bread and butter, pie for dessert

**Snack:** cheese, pie and a glass of milk

**Comments:** Snack was not too bad, but I am beginning to think that I eat a lot of cheese and dessert. Should I be more careful?

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**Monday:** 12/08/14

**Breakfast:** toast (3 slices), peanut butter, grape jelly and juice

**Snack:** 1 bag of pretzels and soda

**Lunch:** ham and cheese sandwich on a roll, soda and a bag of chips

**Snack:** milk and cookies. Later some chips.

**Dinner:** 2 chicken cutlets, string beans, potatoes, milk and 2 peanut butter cookies

**Snack:** more cookies and milk...

**Comments:** I notice I like a lot of salty food and I think I eat too many sweets. Bottom line - I think I eat healthy, but eat too much junk food. The salty and sweet foods are my downfall!