Lesson 5: Food Journal Examples

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!
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?

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!