Nutrition Care Division
Darnall Army Community Hospital
Fort Hood, TX 76542
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Darnall Army Community Hospital
Public Affairs Office
Fort Hood, TX
FH MDA HO718
1 Jan. 2005

WEIGH TO STAY

FOOD JOURNAL

Darnall Army
Community
Hospital

WEIGH TO STAY - Food Journal

LAST NAME _____

SAMPLE DAY

Date: Oct 29

Meal Time	Food/Drink Serving Size	Comments
Breakfast 0830	2 cups Cheerios 1 cup 2% milk 16 oz Orange Juice	Did PT- 3 mile run, hard workout
Snack	N/A	Drank about 1 quart water after PT
Lunch 1230	Subway; 6" Turkey w/cheese & mayo 1 Bag Doritos 20 oz. Pepsi	
Snack		Very busy at work; had to work late
Dinner 2000	Chicken Breast, 2 Rice, 1 cup Green Beans, 1/2 can 2 glasses 2% milk	Starving, after eating felt very full
Snack 2130	2 Budlites 1 bag microwave popcorn	

The Basics:

1. Do not let more than 3-5 hours go by without eating.
2. Drink at least 8-10 cups of water per day.
3. Eat for hunger - Decrease portions

WEIGH TO STAY - Food Journal

LAST NAME _____

COMMENTS/RECOMMENDATIONS

To be filled out by the Nutrition Care Division

- ❑ Portion sizes are too large; consider reducing to half, especially at _____meal.
- ❑ Not enough water, try drinking a glass before bed.
- ❑ Decrease liquid calories, remember these don't fill you up, they only add empty calories.
- ❑ Don't skip meals. This decreases your metabolism and will make you overly hungry at your next meal time, which leads to overeating.

Specific Comments:

_____

_____

_____

_____

Overall:

EXCELLENT!! FAIR VERY POOR

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LAST NAME _____

DAY 1

Date: _____

Meal Time	Food/Drink Serving Size	Comments
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

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LAST NAME _____

DAY 2

Date: _____

Meal Time	Food/Drink Serving Size	Comments
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

The Basics:

1. Do not let more than 3-5 hours go by without eating.
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WEIGH TO STAY - Food Journal

LAST NAME _____

DAY 7

Date: _____

Meal Time	Food/Drink Serving Size	Comments
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

The Basics:

1. Do not let more than 3-5 hours go by without eating.
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LAST NAME _____

DAY 6

Date: _____

Meal Time	Food/Drink Serving Size	Comments
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

The Basics:

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2. Drink at least 8-10 cups of water per day.
3. Eat for hunger - Decrease portions

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LAST NAME _____

DAY 3

Date: _____

Meal Time	Food/Drink Serving Size	Comments
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

The Basics:

1. Do not let more than 3-5 hours go by without eating.
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3. Eat for hunger - Decrease portions

WEIGH TO STAY - Food Journal

LAST NAME _____

DAY 4

Date: _____

Meal Time	Food/Drink Serving Size	Comments
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

The Basics:

1. Do not let more than 3-5 hours go by without eating.
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LAST NAME _____

DAY 5

Date: _____

Meal Time	Food/Drink Serving Size	Comments
Breakfast		
Snack		
Lunch		
Snack		
Dinner		
Snack		

The Basics:

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2. Drink at least 8-10 cups of water per day.
3. Eat for hunger - Decrease portions