

# Myfit.ca Printable Food Diary

**Food Diary Instructions:** Simply insert the date, food description, amount of protein, carbs, fat, calories and serving size. At the bottom of this diary you can insert the totals. Remember that:

- 1 gram of carbohydrates = 4 calories
- 1 gram of protein = 4 calories
- 1 gram of fat = 9 calories

Date	Food	Protein	Carbs	Fat	Calories	Serving Size
Jan 1st, 2009	Milk	8g	12g	2g	502	1 cup
<b>TOTALS:</b>						