

Name: _____

I AM WHAT I EAT

BREAKFAST	
Food Item	Number of Calories
LUNCH	
SUPPER	
SNACKS	

Write the foods that you ate for each meal listed above. Be sure to include any snacks that you ate in between meals. You must remember to keep the wrappers from your snacks to find the number of calories consumed. Some prepackaged snacks may contain more than one serving. After you have completed this chart go to this website (http://www.myfoodbuddy.com/calorie_counters.htm) and find the number of calories for each item.