Clear All Fields

Mālama KIDNEY CENTER

Name: _____

Food Log

DOB: _____

Keeping an accurate log of what food you eat and drink is critical to supporting your kidneys. This will help you, your doctor, and your dietitian to find patterns in your diet that may affect your health condition.

⇒ Keep your log with you to write it down as you eat or drink anything. Its easier to record as you go.

⇒ Be honest. Your doctor and dietitian can only help if you record what you really eat.

⇒ Be as specific as you can when writing down your food and drinks.

⇒ Don't change your eating habits while you are keeping your food log.

⇒ Don't forget to write down "extras" such as butter, oils, dressing, sugar, sauces, gravy, and seasonings.

⇒ Write down if anything different happened that day such as eating out with friends

Date	Breakfast: Food & Beverages	Morning Snack	Lunch: Food & Beverages	Afternoon Snack	Dinner: Food & Beverages	Evening Snack	Comments: (example-stressful day)
12/18	*1 slice of toast w/ butter, 1 c of coffee, 1/2 c cottage cheese*	*10 cherries*	*Tuna sandwich with orange juice*	*Peanut butter with apple slices*	*Asparagus with baked salmon. 2 cups of water and 1 cup Jell-O for dessert.*	*CKD friendly trail mix*	*A lot of doctor's appointments so very tired.*

Date	Breakfast: Food & Beverages	Morning Snack	Lunch: Food & Beverages	Afternoon Snack	Dinner: Food & Beverages	Evening Snack	Comments: (example–stressful day)
12/25	*2 Eggs & Portuguese sausage w/ orange juice & coffee (cream & sugar)*	*½ Papaya*	*Small bowl of Tofu Salad and miso dressing*	*None*	*Turkey (1 c), Candied Yams (1/2 c), Cranberry sauce, Green Beans (1c), Apple Pie, Champagne*	*None*	*Very excited Christmas Day. Mostly spent cooking with family. Big breakfast for energy.*