








# FOOD TRACKER

BREAKFAST	SNACK	LUNCH	SNACK	DINNER	H <sub>2</sub> O
					
					
					
					
					
					
					

**PORTION SIZES:** Please see Ch. 13 in Living a Healthy Life with Chronic Pain or Ch. 11 in Living a Healthy Life with Chronic Conditions for healthy eating guidelines.

**PLEASE NOTE:** If you are under the supervision of a registered dietitian, a cancer patient in treatment, a cancer survivor, being treated for diabetes, or any other chronic health condition please follow the guidelines established in your plan of care.