DAILY FOOD DIARY-SAMPLE

Weight	Fatigue	Shortness of Breath	# of Pillows under head	BP	HR	Blood sugar	Urine Output	Exercise / Other Activity
154.4	Yes No	Yes No	2	98/54	78	134	☐ Increased ☐ Decreased ☐ Same	Yes No Walked 10 minutes on treadmill

BREAKFAST	SODIUM MG	FLUID OZ	LUNCH	SODIUM MG	FLUID OZ	DINNER	SODIUM MG	FLUID OZ
COFFEE	0	7 OZ	CRANBERRY JUICE	35 MG	8 OZ	GRAPE JUICE	15 MG	8 OZ
APPLE JUICE	10 MG	8 OZ	SWEET POTATO	53 MG		TURKEY SOUP	125 MG	8 OZ
OATMEAL	0 MG		ROASTED CHICKEN (DARK MEAT)	105 MG		UNSALTED TOP CRACKERS	75 MG	
TOAST (WHITE) 1 SLICE	105 MG		CABBAGE SEASONING	14 MG 0 MG		STRAWBERRY SALAD W/STRAWBERRY VINAGRETTE	65 MG	
½ CUP MILK	122 MG		½ CUP COTTAGE CHEESE	360 MG		SNACK COOKIES	50 MG	
BLUEBERRIES	0 MG		PEACHES	0 MG				
2 SCRAMBLED EGGS	110 MG		GRAPES	0 MG		6 CHIPS	45 MG	
			BLACKBERRIES	0 MG		GRAPE JUICE	15 MG	8 OZ
WATER WITH PILLS		10 OZ	BLUEBERRIES	0 MG		COFFEE		7 OZ
TOTAL	347 MG	25 OZ		567 MG	8 OZ		390 MG	31 OZ

Your Goal Is

2,000 cc (64 ounces) per 24 hour fluid restriction met ☐ Yes ☐ No -64 ounces

2,000 mg per 24 hour sodium restriction met ☐ Yes ☐ No -1304 mg

Other:_____ ☐ Yes ☐ No

COMMENTS _____

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