Super Shapes

Daily Nutrition Log

use 1 line per food item. Leave blank lines between meals. Estimate portion sizes & grams, if known. Otherwise, leave values blank. Separate grams of carbs into Sugar, Fiber, & Other. Goal is to keep Sugar & Fat relatively LOW, Fiber & Protein relatively HIGH. *Remember* to include beverages, especially soda, milk, eggnog, alcohol, etc.

Total Calories = grams of Fat **x 10** plus grams of Sugar, Fiber, Carbs, & Protein **x 4**

Date:	Time	Food	How Prepared	Cups or Servings	Fat (g)	Sugar (g)	Other Carbs (g)	Fiber (g)	Protein (g)	Total Calories