

Day No:	Name:		Eco-eating Training Food Log
	Age:	Weight:	Date:
Time	Weight/ Number	Food Eaten	How I Felt Before/After Eating
1 ounce is 28 grams	How many times today: Hard / Medium / Soft / Gas Colour: Comments:		Total Fruit:      Total Nuts/Seeds:    g Total Celery:    Total Tahini:            g Total Greens:    g Total Avocado        g Used: Oil / Salt / Sugar additives.

In estimating the number of pieces of fruit use 1 piece = 4 oz or 110 g of fruit flesh.  
 For celery: count the number of full length stalks you eat.