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L.A. Bariatrics
Marina Del Rey Hospital

3 DAY FOOD JOURNAL

The best way to progress forward with healthy eating is to understand where you are today. Complete this three day food journal and receive a free written assessment from Ann Rosen Korman, a certified nutritional therapist.

Choose "typical" days to keep your journal and record all food, snacks, and beverages you consume along with their portion sizes.

Do not be afraid to be completely honest! The more details you provide, the more accurate your analysis will be.

Name: _____ Phone Number: _____

Email: _____ Surgery Type: _____

Surgery Date: _____ Pre-Surgery Weight: _____

Current Weight: _____ Current Medications & Vitamins: _____

DAY 1

Breakfast
Time:

Lunch
Time:

Dinner
Time:

Snacks

Water Consumption

Movements

Notes

DAY 2

Breakfast
Time:

Lunch
Time:

Dinner
Time:

Snacks

Water Consumption

Movements

Notes

DAY 3

Breakfast
Time:

Lunch
Time:

Dinner
Time:

Snacks

Water Consumption

Movements

Notes

Please fax a copy of the completed food journal to 310-577-5616
or email a scanned copy to bridgette.agee@marinahospital.com

Ann Rose Korman is an indepenent contractor. Not an employee or agent of Marina Del Rey Hospital