

# FOOD INTAKE AND SIDE-EFFECTS LOG

Visit [www.LL Nutrition.org/worksheets/](http://www.LL Nutrition.org/worksheets/)  
to access all worksheets.

Date: \_\_\_\_\_ Weight: \_\_\_\_\_

Keeping track of your food intake, side effects, and overall well-being is very important during cancer treatment. Seeing how food intake affects the way the you feel can provide insights for you and members of the healthcare team. Tracking food intake may only be necessary at certain times during treatment. If there is concern about a decline in food intake, monitor your weight. Ask members of the healthcare team what makes sense for you. Note whether the day being recorded is a treatment day.

TIME OF DAY MEAL	FOOD AND BEVERAGES	AMOUNT	HOW DOES THE PATIENT FEEL? List any side effects you experience.
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Circle the patient's overall well-being for the day. 0 is the worst, 10 is the best.

0 1 2 3 4 5 6 7 8 9 10  
Worst Best