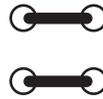




Food Diary



Food Diary



Date:

If your health care professional has urged you to lower your Body Mass Index (BMI), consider adding notes about portion sizes and feelings when eating.

Also, consider keeping notes about any foods or beverages that you think may be linked to your AFib.

Date:

| Meal | Food/Beverage | Qty. | Notes |
|-----------|---------------|------|-------|
| Breakfast | | | |
| | | | |
| | | | |
| | | | |
| Snack | | | |
| | | | |
| Lunch | | | |
| | | | |
| | | | |
| | | | |
| Snack | | | |
| | | | |
| Dinner | | | |
| | | | |
| | | | |
| | | | |
| Snack | | | |
| | | | |



| Meal | Food/Beverage | Qty. | Notes |
|-----------|---------------|------|-------|
| Breakfast | | | |
| | | | |
| | | | |
| | | | |
| Snack | | | |
| | | | |
| Lunch | | | |
| | | | |
| | | | |
| | | | |
| Snack | | | |
| | | | |
| Dinner | | | |
| | | | |
| | | | |
| | | | |
| Snack | | | |
| | | | |



The American Heart Association and StopAfib.org are collaborating to support atrial fibrillation patients.