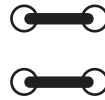




# Food Diary



# Food Diary



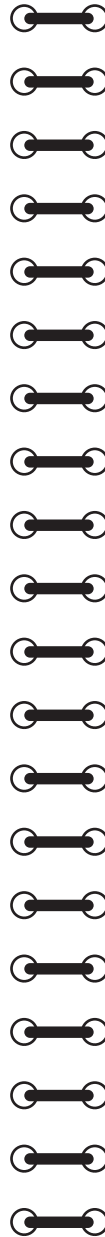
Date:

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.