# My Two-Day Food Diary

**Day One –** Make sure you break down combination foods.Don’t list a hamburger. You must list, two pieces of bread (from the bun), a hamburger patty, ketchup, mustard, pickles, onion, lettuce.You must also list salad dressings, croutons, snacks, candy and all other foods that you eat. You may list soda – but keep in mind that soda is really water and sugar plus other ingredients.

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