

3 Day Food Record

Please complete and have ready prior to your consult with the dietitian.

1. It is important to **eat your usual diet**. Do not just record your best or worst food behaviour.
2. Choose **2 weekdays** and **1 weekend** day. Keep records of everything you eat or drink on those days. Try to choose non-consecutive days (e.g. Tuesday, Thursday and Saturday would be good choices).
3. **Record all foods and beverages consumed** each day. Start when you wake-up. Start a new line for each food or liquid recorded. Try to list items right after eating or drinking.
4. Indicate brand names if appropriate. Record any toppings or spreads. List each individual item in a mixed dish such as a stir-fry.
5. Use standard household measuring cups/spoons. For bread, indicate the number of slices. Record approximate dimensions for items like meat and cheese. (example is 2x2x2 inches)

Example

Name: ___Jim___ **Date and day of week:** _Tues. Nov. 2__

Time	Food	Brand	Amount
7:30 AM	Toast	Country Harvest 100% whole wheat	2 slices
	Margarine	Becel with olive oil	2 tsp.
	Jam	Homemade strawberry	1 Tbsp.
	Banana		1 small
	Milk	Skim	1 cup
10:30 AM	Cheese	Black Diamond Cheese String 18%MF	1oz.
	Crackers	soda	4



Food Record - Day 1

Name: _____ Date and day of week: _____

Time	Food	Brand	Amount



Food Record - Day 2

Name: _____ **Date and day of week:** _____

Time	Food	Brand	Amount



Food Record - Day 3

Name: _____ **Date and day of week:** _____

Time	Food	Brand	Amount