

3-Day Food Record

Directions

1. List everything you eat and drink for three days. Include one weekend day. Record each item at the time you consume it.
2. Record only one item per line.
3. Be as specific as possible when describing the food item eaten. Describe the food (for example, fresh, frozen, packaged, from mix) and how the food was prepared (for example, fried, baked, broiled).
4. Record brand names when possible.
5. If you eat out, please record the name of the restaurant.
6. Record only the amount actually eaten – for example: pork chop, 6 oz. (Do not include the weight of the bone).
7. Approximate the amounts of foods in cups, tablespoons, teaspoons, units or weight as appropriate. For meat, fish, or poultry, the amount may be estimated by the size of the piece or in ounces. Potatoes, apples, banana, tomato, etc should be classified as small, medium, or large.
8. For canned foods, include liquid in which it was canned. Example: canned peaches in heavy syrup.
9. In the case of mixed dishes please include a recipe or indicate the composition of the dish.
10. Remember to record the amount of fats (oils, butter, margarine, salad dressing, etc) you eat or use in cooking.

A sample food record is attached

