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

Sample Food Record

Name	Date:
	Day of Week:

Time	Description of food or drink, preparation method,	Amount
	and brand name if applicable	
7:00	Orange Juice – Tropicana	6 fl. oz.
8:30	Toast – white	2 slices
	Margarine	2 tsp
	Jelly – grape	1 oz.
	Coffee	12 fl. oz.
	Milk, 1%	1 tbsp
12:30	Cheese sandwich:	_
	bread, white	2 slices
	cheese, American	2 slices
	mayo	1 tbsp
	lettuce	2 leaves
	Soup, Campbells tomato	1 cup
	Diet coke	12 fl oz
6:30	Hamburger, McDonalds	1
	French Fries	1 medium
	Diet coke	12 fl oz
9:30	Peaches, canned in heavy syrup	2 halves
	Cookies, chocolate-chip	4

Was today's intake unusual in any way?	If yes, in what way?
Did you use any dietary supplements such a	s vitamins, minerals, protein or herbal supplements?
If yes, please indicate the kind of supplement	nt (please give brand name if possible and the amoun
you took.	

FOOD RECORD

Name_	Date:		
	Day of	Day of Week:	
	·		
Time	Description of food or drink, preparation method, and brand name if applicable	Amount	
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Was today's intake unusual in any way? If yes, in what way?
Did you use any dietary supplements such as vitamins, minerals, protein or herbal supplements?
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FOOD RECORD

Name Date:		
	Day of Week:	
	·	
Time	Description of food or drink, preparation method, and brand name if applicable	Amount
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Was today's intake unusual in any way? If yes, in what way?
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FOOD RECORD

Name Date:		
	Day of Week:	
Time	Description of food or drink, preparation method, and brand name if applicable	Amount
i i	1	1

Was today's intake unusual in any way? If yes, in what way? Did you use any dietary supplements such as vitamins, minerals, protein or herbal supplements? If yes, please indicate the kind of supplement (please give brand name if possible and the amount you took.