Analyze for: _____

Name: _____ **M R #** _____

Day-time Phone: _____ **Ht:** _____ **Wt:** _____

Date of Birth: _____

INSTRUCTION FOR KEEPING YOUR THREE DAY FOOD RECORD

1. Record everything that you eat and drink for three consecutive days.
2. Record each meal or snack immediately after it is eaten.
3. Record each food/beverage on a separate line. Be sure to include water, coffee, tea, soda, etc.
4. Start each day on a new page.
5. If additional space is required for the same day, continue onto the next page noting clearly that it is a continuation.
6. Record brand names, if known.
7. Always specify method of preparation. Examples include: baked, broiled, fried, breaded, sautéed, etc.
8. If eating out, record foods eaten as accurately as possible, and note name of restaurant.
9. Describe all foods as fully as possible. For example: 3 oz. baked chicken, thigh, skin not eaten. Three ounces is approximately the size of a deck of cards.
10. List all ingredients for sandwiches, casseroles and other mixed dishes.
11. Record exact amounts. Specify weight (e.g. 1 oz. cheddar cheese), or volume (e.g. 4 oz. orange juice) or dimensions in inches (e.g. 1 piece banana bread, 1" by 2" by 4"). Use household measuring cups or spoons to estimate portions.
12. Include all additions to food at the table. For example: 1 cup oatmeal with 1 tsp. sugar and 3 oz. 2% milk. Record each addition on a separate line.
13. Record all medications including over the counter medications and dietary supplements. Record brand names and amounts.
14. Bring to your next appointment.

NAME: _____ **PHONE:** _____

MEDICATIONS/DIETARY SUPPLEMENTS: _____

_____

_____

_____

THREE DAY FOOD RECORD

DATE	WHERE EATEN	FOOD - DESCRIBE	AMOUNT

NAME: _____ **PHONE:** _____

MEDICATIONS/DIETARY SUPPLEMENTS: _____

_____

_____

_____

THREE DAY FOOD RECORD

DATE	WHERE EATEN	FOOD - DESCRIBE	AMOUNT

NAME: _____ **PHONE:** _____

MEDICATIONS/DIETARY SUPPLEMENTS: _____

_____

_____

_____

THREE DAY FOOD RECORD

DATE	WHERE EATEN	FOOD - DESCRIBE	AMOUNT