



Three Day Food Record

Please record everything you eat and drink for three days. Make sure to add in the estimated amount eaten, information on cooking methods, brand names when appropriate, and any other details you wish. Please use additional lines and sheets as needed.

Day 1: EXAMPLE

Time of Meal/Snack	Type of Food/Beverage	Amount Eaten	Method of Cooking/Preparation or Brand of Product	Comments
Breakfast 7:00am	Cereal	1 cup	Cheerios	
	Milk	½ cup	1%	On cereal
	Banana	1 medium		
AM Snack 10:30am	Granola Bar	1	Nature Valley Honey & Oats Bar	
	Water	8oz		
Lunch 12:00pm	Bread	2 slices	Nature's Own Brand- 100% Whole Wheat	sandwich
	Deli Turkey	3 slices	Low Sodium Cold Cuts	sandwich
	Tomato	1 slice		sandwich
	Mayo	2 teaspoons	Hellman's	sandwich
	Yogurt	½ cup	Non-fat Greek. Strawberry Flavored	
	Water	8oz		
Dinner 6:00pm	Chicken	1 breast	Marinated with Italian Dressing, Grilled	
	Potatoes	1 cup	Mashed with butter and milk	
	Broccoli	½ cup	Roasted with Olive Oil	
Snack 8:00pm	Pretzels	20	Snyder's Mini Twists	



Day 1:

Time of Meal/Snack	Type of Food/Beverage	Amount Eaten	Method of Cooking/Preparation or Brand of Product	Comments



Day 3:

Time of Meal/Snack	Type of Food/Beverage	Amount Eaten	Method of Cooking/Preparation or Brand of Product	Comments