**EXAMPLE**

**3 Day Food Record**

Please complete the following chart for two typical weekdays and one weekend day.

Record:

* Type and amount of food and drink, including condiments and sauces
* Time of meal or snack
* Physical activity or exercise

Day 1 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Time**  | **Amount** | **Food & Drink** |
| Example: Breakfast 7:00am | 22 slices2 tsp1 cup2 Tbsp | Eggs (fried)Whole wheat toastButterCoffee1% Milk |
| Snack10:00am | 12 Tbsp1 c. | BananaPeanut ButterWater |
| Lunch12:00pm | 2 c.1 Tbsp1 Tbsp3 oz.½ c.½ c.1 c. | Spinach, kale, lettucePumpkin seedsPoppyseed dressingBaked chickenCucumber slicesRed pepper slicesWater |
| Snack3:00pm | ¾ c.½ c. | 2% Greek yogurt, plainStrawberries |
| Supper6:00pm | 3 oz.1 c.101 c. | SalmonBrown riceAsparagus spearsMilk, 1% |
| Snack9:00pm | 1.5 oz101 c. | Low-fat cheeseRice crackersMint Tea |
|  | **Activity/exercise:** | 30 minute brisk walk |

Day 1 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Time** | **Amount** | **Food & Drink** |
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|  | **Activity/exercise:** |  |

Day 2 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Time** | **Amount** | **Food & Drink** |
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|  | **Activity/exercise:** |  |

Day 3 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Time** | **Amount** | **Food & Drink** |
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|  | **Activity/exercise:** |  |