**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 | 2  2 slices  2 tsp  1 cup  2 Tbsp | Eggs (fried)  Whole wheat toast  Butter  Coffee  1% Milk |
| Snack  10:00am | 1  2 Tbsp  1 c. | Banana  Peanut Butter  Water |
| Lunch  12:00pm | 2 c.  1 Tbsp  1 Tbsp  3 oz.  ½ c.  ½ c.  1 c. | Spinach, kale, lettuce  Pumpkin seeds  Poppyseed dressing  Baked chicken  Cucumber slices  Red pepper slices  Water |
| Snack  3:00pm | ¾ c.  ½ c. | 2% Greek yogurt, plain  Strawberries |
| Supper  6:00pm | 3 oz.  1 c.  10  1 c. | Salmon  Brown rice  Asparagus spears  Milk, 1% |
| Snack  9:00pm | 1.5 oz  10  1 c. | Low-fat cheese  Rice crackers  Mint Tea |
|  | **Activity/exercise:** | 30 minute brisk walk |

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

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

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|  | **Activity/exercise:** |  |

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

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|  | **Activity/exercise:** |  |