

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: _____

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: _____

Time	Amount	Food & Drink
	Activity/exercise:	

