

Name:

### 3 Day Food Log

**In order to provide an accurate diet record it is important to follow these guidelines:**

Specify the type of food whenever possible (brand names, % milk, etc.)  
 Pizza --> 1 slice, medium Pizza Hut, cheese pizza; crackers ---> graham crackers  
 Describe how the food was prepared (grilled, fried, scrambled, 1 tsp oil added, etc.)  
 Chocolate milk ---> whole milk w/ 2 TBS chocolate sryup; Sandwich ---> 1 slice bread w/ 1 TBS peanut butter  
 \*Try your best to record each meal/snack after it is eaten, it is much more accurate this way\*  
 \*Send food record 2 weeks prior to appointment \*

**After completion of your food record, a nutrient analysis will be completed by a dietitian**

**\*\*\*\*SEE SAMPLE BELOW\*\*\*\***

Mealtime (time of day)	Type of food (Include preparation - fried, baked, oil added, etc.)	Brand Name (If applicable)	How much consumed (Please use measurements - 1 cup, 1 tsp, 2 oz package, etc.)	Place H = Home R = Restaurant S = School	Comments
DATE: 01/01/01	<b>Day 1</b>				
7:30am	Whole wheat toast	Oroweat	1 slice	H	With 1 tsp butter
	Strawberries		4 items		
	Yogurt, vanilla	Yoplait original	4 oz		
	Water		4 fl oz		
10:00am	Apple juice	Minute Maid	200 mL	S	
	Crackers, cheddar	Goldfish	1/2 cup		
	String Cheese		1 item		
12:00pm	Mac & Cheese (2oz)	Kraft Easy Mac	50%	S	
	Mixed fruit cup, in 100% fruit juice	Del Monte	1 fruit cup		
	Carrots, baby		6 items		
	Milk (2%)		6 oz		





