

### 3 Day Food Record

Day	Time	Food Item	Amount of food or serving size
<b>EXAMPLE</b>	<b>EXAMPLE</b>	<b>EXAMPLE</b>	<b>EXAMPLE</b>
Thursday	8:00AM	Cheerios Cereal - dry	1 cup
	Breakfast	1% Milk in Cheerios	1 cup
		Orange Juice	½ cup
	12:00	Turkey Sandwich (white bread, turkey, cheddar cheese, mayonnaise, lettuce)	1 slices bread, 2 oz turkey, 1 slice cheddar cheese, 1 Tbsp mayonnaise, ¼ cup lettuce
	Lunch	Apple - green	1 medium
		Carrots	½ cup
		Ranch dressing for carrots	2 Tbsp
	5:00PM		
	Dinner		

**Instructions:**

- Write down all meals, snacks, and drinks that you have eaten on a typical day of the week. Choose 2 days during the week and 1 weekend day for a total of 3 days worth of meals.
- Be **detailed** and **specific**. Write down how you prepared and cooked the food (breaded, soaked, drizzled, etc.) and (steamed, fried, boiled, etc.).
- Include all condiments (mayonnaise, mustard, sour cream, butter, etc.) and seasonings, sauces, toppings, etc.
- Amount – how many, size (small, medium, large), volume (ounces or cups), tablespoons, teaspoons, and/or comparisons (size of a tennis ball, deck of cards etc.).





