

3 Day Food Record

| Day | Time | Food Item | Amount of food or serving size |
|----------------|----------------|--|---|
| EXAMPLE | EXAMPLE | EXAMPLE | EXAMPLE |
| Thursday | 8:00AM | Cheerios Cereal - dry | 1 cup |
| | Breakfast | 1% Milk in Cheerios | 1 cup |
| | | Orange Juice | ½ cup |
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| | 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 Tablespoon |
| | | | |
| | 5:00PM | Grilled chicken breast | 3oz (deck of cards) |
| | Dinner | Mixed green salad (spinach, lettuce, tomatoes, carrots) | 2 cups |
| | | Ranch Salad Dressing | 1 Tablespoon |
| | | Whole Grain dinner roll | Size of fist |
| | | Strawberry Jam | 1 Tablespoon |
| | | | |
| | 6:00PM | Vanilla Frozen Yogurt | ½ cup |
| | Dessert | Raspberries | 5 medium size |
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Instructions:

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

