

3-Day Food Record Instruction Sheet

Keeping an accurate log of your daily food intake over a period of three days is one of the most effective ways for the nutritionist to complete a nutritional analysis of your current diet, evaluate it for nutritional content, and make suggestions for healthful improvements. Please return completed food records to the Nutritionist.

To ensure the most accurate assessment possible, please adhere to the following guidelines. The more detail you can provide, the better!

1. Select days that you will be making **typical** food choices. Food records kept on special days and holidays may not reflect the food choices you usually make.
2. Keep food records for three complete days. Journal **two weekdays** and **one weekend day**.
3. Keep the food record sheets accessible at all times. **Record items immediately** after they are consumed.
4. Include **portion sizes** for all foods. Use common measures, such as cups, tablespoons and ounces, to describe the amount consumed. Whenever possible, weigh or measure the food items consumed. If you are unable to weigh or measure food items, use the **portion control guide** as a reference for estimating portion sizes. Terms such as “small serving”, “plateful”, or “bowl” are ambiguous and subject to interpretation.
5. Completely **describe** all foods consumed, e.g., “multi-grain bread”, “white turkey meat without skin”, and “meatless spaghetti sauce”.
6. Write down all **ingredients** and amounts when recording sandwiches, soups, casseroles, tacos, ect. My idea of the perfect taco, egg salad sandwich, or tuna casserole, may be totally different from yours! If the item is soup, indicate whether it is broth-based or cream-based along with your list of ingredients.
7. Include all **beverages** consumed. Alcohol, soda, water, juice, tea, coffee, and milk are all part of your nutrition profile. Also, please indicate whether beverages are diet and/or decaffeinated. When you drink milk, indicate skim, 1%, 2%, or whole.
8. Record all foods and beverages consumed as **snacks**.
9. Document **brand names** whenever possible, e.g., “Hershey’s Milk Chocolate bar” vs. “chocolate candy bar” and “Campbell’s Chicken Noodle Soup” vs. “chicken noodle soup”.
10. Indicate how food was **prepared**, e.g., “fried chicken”, “steamed broccoli”, and “broiled steak”.
11. Include all **condiments** such as ketchup, mayo, butter, margarine, sour cream, ect. and amounts consumed.
12. When using **convenience foods** and/or **meal replacement drinks/bars**, save the food label and return it with your completed food record.
13. If food is consumed at a **restaurant** include name of restaurant and a complete description of your entrée and approximate portions of each ingredient. Please give as much detail in your description as possible in case I am not familiar with the entrée or the restaurant you ordered it from.

Food Record Sample



Name: _____ Weight: _____ Height: _____ Birthdate _____

Office Use Only—REE _____ Calories of Exercise/Day _____ Trainer _____ Location _____

Date:	Location	Food	Portion	Condiment	Portion	Beverages	Portion
Breakfast Time: 6:00 a.m.	Home	<ul style="list-style-type: none"> • 1 bowl Grapenuts cereal • 1 slice toast 	2/3 cup	<ul style="list-style-type: none"> • sugar • peanut butter 	1 tsp. 2 tsp.	<ul style="list-style-type: none"> • Skim milk • Orange juice 	8 fl. oz. 6 fl. oz.
Snack Time:		Apple	1 small			<ul style="list-style-type: none"> • Water 	6 fl. oz.
Lunch Time: 12:30	Home	<ul style="list-style-type: none"> • Skinless chicken breast, grilled • Green beans, steamed • Whole-grain bread • Spinach salad • Fresh tomato slices 	6 oz. 1 cup 2 slices 1 cup 5	<ul style="list-style-type: none"> • Brown mustard • Shedd's Spread margarine • Non-fat Italian dressing 	1 Tbsp 1 Tbsp 1 Tbsp	<ul style="list-style-type: none"> • Skim milk • Orange juice 	
Snack Time:							
Dinner Time: 6:00 p.m.	Sidneys	<ul style="list-style-type: none"> • Dinner salad (mixed greens, veggies) • Pasta with marinara sauce • Asparagus • Sourdough bread 	1½ cups 2 cups 1/3 cup 3 slices	<ul style="list-style-type: none"> • Ranch dressing • Butter 	3 Tbsp 2 foil-wrapped cubes	<ul style="list-style-type: none"> • White wine 	6 fl. oz.
Snack Time: 10:00 p.m.		Banana	1 small				



Food Record, Date: _____

Please read instructions before starting.

Name: _____ Weight: _____ Height: _____ Birthdate: _____

Office Use Only	REE:	Calories of Exercise/Day:	Body Fat %:	Lean Mass:	Trainer:	Location:	
Meal	Location	FOOD	Amount	CONDIMENT	Amount	BEVERAGE	Amount
Breakfast Time:							
Snack Time:							
Lunch Time:							
Snack Time:							
Dinner Time:							
Snack Time:							
Portion Control Guide	¼ cup = golf ball ½ cup = tennis or racquet ball 1 cup = small fist 1 oz. = one handful or matchbox 4 oz. fish filet = eyeglass case 3 oz. portion of cooked meat = a deck of playing cards or cassette tape 1 teaspoon = quarter or tip of your thumb 3 teaspoons = 1 tablespoon 8 fl. oz. = 1 cup						



Food Record, Date: _____

Please read instructions before starting.

Name: _____ Weight: _____ Height: _____ Birthdate: _____

Office Use Only	REE:	Calories of Exercise/Day:	Body Fat %:	Lean Mass:	Trainer:	Location:	
Meal	Location	FOOD	Amount	CONDIMENT	Amount	BEVERAGE	Amount
Breakfast Time:							
Snack Time:							
Lunch Time:							
Snack Time:							
Dinner Time:							
Snack Time:							
Portion Control Guide	¼ cup = golf ball ½ cup = tennis or racquet ball 1 cup = small fist 1 oz. = one handful or matchbox 4 oz. fish filet = eyeglass case 3 oz. portion of cooked meat = a deck of playing cards or cassette tape 1 teaspoon = quarter or tip of your thumb 3 teaspoons = 1 tablespoon 8 fl. oz. = 1 cup						



Food Record, Date: _____

Please read instructions before starting.

Name: _____ Weight: _____ Height: _____ Birthdate: _____

Office Use Only	REE:	Calories of Exercise/Day:	Body Fat %:	Lean Mass:	Trainer:	Location:	
Meal	Location	FOOD	Amount	CONDIMENT	Amount	BEVERAGE	Amount
Breakfast Time:							
Snack Time:							
Lunch Time:							
Snack Time:							
Dinner Time:							
Snack Time:							
Portion Control Guide	¼ cup = golf ball ½ cup = tennis or racquet ball 1 cup = small fist 1 oz. = one handful or matchbox 4 oz. fish filet = eyeglass case 3 oz. portion of cooked meat = a deck of playing cards or cassette tape 1 teaspoon = quarter or tip of your thumb 3 teaspoons = 1 tablespoon 8 fl. oz. = 1 cup						

Overall, do you feel the food choices and amounts you ate today were typical of your usual diet? Yes Somewhat No
 For the most part, when did you record food items eaten? Immediately after eating Awhile after eating At the end of the day Other