nutrition health services

FOOD DIARY INSTRUCTIONS

Record everything you eat and drink for 3 days. It should reflect your usual eating pattern. So you may want to include a week day and weekend day if they are different.

- Be as specific as possible with type and amount of each food/beverage
- Use common household measurements (cups, ounces, tablespoons, etc.).
- Remember to include meals, snacks and condiments. For example: 6 oz coffee with 1 oz. Cream and 2 tsp. sugar; sandwich with mayonnaise; salad with regular Italian dressing, etc

Day of the Week: _____

Time of Day	Description of food or beverage	Serving Size/Amount	Estimated Calories	Location (home, work, restaurant, etc.)