

Three Day Food Record

A three day food record is designed to get an accurate description of your typical daily diet. Since this food record will be used to help you make appropriate dietary changes it is important that you try *not* to change your usual eating patterns for these three days. Please try to be as accurate as possible by recording all of the foods and beverages you eat and drink. Include the exact amount of food eaten and important variations (ex. skim, 2%, reduced fat, sugar-free, etc). If the food is prepared at home or in a restaurant, please include a description of the preparation techniques (ex. grilled vs. fried). Rate your hunger/fullness cues on a scale of 1-10 by how your stomach feels before and after you eat (1 = famished, starving; 3 = stomach grumble; 5 = neither hungry nor full; 7 = politely full; 10 = painfully full). For example, if you feel your stomach grumble and you decide to eat, record a 3 for hunger. If you eat until you feel politely full record a 7 for satiety. Recording this information can help you identify external or emotional cues to eat.

In order to get an accurate representation of your diet, record your food intake for 2 weekdays and 1 weekend day (ex. Monday, Thursday, & Saturday).

Sample 24-Hour Food Record				
<i>Time</i>	<i>Food & Beverage Description</i>	<i>Amount eaten</i>	<i>Hunger/Fullness</i>	<i>Location/Feelings</i>
7:15 am	Blueberry bagel	1 each	4/8	Driving - hurried
	Margarine	2 tablespoons		
	100% orange juice	6 ounces		
12:30 pm	Grilled chicken	3 ounces	3/7	At desk - focused on work
	Romaine lettuce	1 cup		
	Spinach leaves	1 cup		
	Baby carrots	1/2 cup		
	Bacon bits	2 tablespoons		
	Kraft Italian dressing	2 tablespoons		
	Ritz crackers	4 each		
	Water	16 ounces		
6:00 pm	Pizza Hut hand-tossed pepperoni pizza	3 slices	2/8	Restaurant - hungry!
	Diet Coke	16 ounces		
9:15 pm	Chocolate chip cookies - 4" diameter	4 each	5/7	Home - watching TV; bored
	Skim milk	8 ounces		

