



INSTRUCTIONS FOR KEEPING YOUR THREE DAY FOOD RECORD

1. Record EVERYTHING you eat and drink for three days including 2 weekdays (or workdays) and 1 weekend (or non-work day).
2. For accuracy, it is best to record each meal or snack immediately after it is eaten.
3. Be sure to include water, coffee, tea, soda, etc.
4. If additional space is required for the same day, continue onto the back of the page noting the continuation.
5. Record BRAND NAMES, if known.
6. When eating out, record foods as accurately as possible including the NAME OF THE ESTABLISHMENT and the SPECIFIC FOOD ITEM ORDERED.
7. Always specify PREPARATION METHODS. **For example, baked, broiled, fried, breaded, sautéed, etc.**
8. Record EXACT AMOUNTS. Specify weight, volume, or dimension in inches. **For example, 1 piece banana bread (1" x 2" x 4")**. Use household measuring cups and spoons to estimate portions.
9. Describe all foods as fully as possible. **For example, 3oz baked chicken thigh (no skin)**. (NOTE: 3oz is approximately the size of a deck of cards.)
10. List ALL INGREDIENTS for sandwiches, casseroles, and other mixed dishes. **For example, peanut butter sandwich: 2 pieces oat bran bread, 1½ tbsp chunky peanut butter**. Full recipes are not required.
11. Include ALL ADDITIONS to food at the table such as salt, sugar, or milk. Record each addition on a separate line including the amount.
12. Record any DIETARY SUPPLEMENTS (i.e. vitamins, etc.) including brand names and amounts.

