



Name:

3 Day Food Log

In order to provide an accurate diet record it is important to follow these guidelines:

Specify the type of food whenever possible (brand names, % milk, etc.)
 Pizza --> 1 slice, medium Pizza Hut, cheese pizza; crackers ---> graham crackers
 Describe how the food was prepared (grilled, fried, scrambled, 1 tsp oil added, etc.)
 Chocolate milk ---> whole milk w/ 2 TBS chocolate sryup; Sandwich ---> 1 slice bread w/ 1 TBS peanut butter
 Try your best to record each meal/snack after it is eaten, it is much more accurate this way
 *Send food record 2 weeks prior to appointment *

After completion of your food record, a nutrient analysis will be completed by a dietitian

******SEE SAMPLE BELOW******

Mealtime (time of day)	Type of food (Include preparation - fried, baked, oil added, etc.)	Brand Name (If applicable)	How much consumed (Please use measurements - 1 cup, 1 tsp, 2 oz package, etc.)	Place H = Home R = Restaurant S = School P= Practice	Comments (Include if consumed before/after practice)
DATE: 01/01/01	Day 1				
6:30am	Oatmeal, cooked with water		1 cup	H	1/2 TBS Brown Sugar Added
	Banana		1 medium		
	Chocolate milk, ready-to-drink, low fat	Nesquick	8 fl oz		
10:00am	Yogurt, strawberry	Yoplait original	6 oz	S	
	Apple juice	Minute Maid	200 mL		
	Crackers, cheddar	Goldfish	1/2 cup		
12:00pm	PB&J (2 slices 100% wheat bread, 2 TBS peanut butter, 1 tsp grape jelly)		1 sandwich	S	Ate before practice (practice at 2:30pm)
	Mixed fruit cup, in 100% fruit juice	Del Monte	1 fruit cup		
	Carrots, baby		6 items		
	Chewy Chocolate chip granola bar	Quaker	1 bar		
	Water		16 oz		



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DATE:	Day 2				

Mealtime (time of day)	Type of food (Include preparation - fried, baked, oil added, etc.)	Brand Name (If applicable)	How much consumed (Please use measurements - 1 cup, 1 tsp, 2 oz package, etc.)	Place H = Home R = Restaurant S = School P = Practice	Comments (Include if consumed before/after practice)
DATE:	Day 3				