

3-Day Food Diary

Name _____

Instructions:

- Do not change your normal diet. Eat as you normally have been, so that I can see your eating patterns. Try to include one weekday and one weekend day, if possible.
- Estimate portion size of each food you list. (eg: 6-ounce container of fruit yogurt, an average slice of pizza, a large bowl of cereal, a 6-ounce piece of salmon, an 8-ounce glass of water.)
- Indicate how food was cooked (eg: sauteed spinach, grilled chicken) and if any sauces or toppings were used.

	BREAKFAST	LUNCH	DINNER	SNACKS	DRINKS
Date: DAY 1					
Date: DAY 2					
Date: DAY 3					