

3-DAY FOOD RECORD

Directions:

Please record everything you eat over a three-day period.

1. Begin the food journal with documenting the time that you ate.
2. In the column labeled “Type of food,” record what you ate. This includes any snack and/or meal items, even a piece of candy. Please be specific in describing the food. For example, instead of writing milk, please indicate the type- whole, 2%, 1%, skim, or chocolate. If you consumed bread, was it whole wheat, white, rye, pumpernickel, etc. If necessary, break down food items into different components. For instance, if you ate a turkey sandwich, write down rye bread, deli turkey, American cheese, mayonnaise, lettuce, and tomato. Also, please record brand names when possible. Don’t forget to write down beverages such as water, coffee, soda, tea, juices, and alcohol.
3. In the column labeled “Amount,” record the quantity of each food consumed, eg. 1 tsp, 1 slice, 1 tbsp. If you don’t have access to measuring utensils, use objects such as the size of your fist, palm, deck of cards, etc.
4. In the column labeled “Location,” record the restaurant, dining hall, dorm room, kitchen, etc of where you are consuming the food.
5. In the column labeled “Method of Preparation,” document how the food was prepared (eg. Frying, grilling, baking, microwaving, steamed, etc). Also, please indicate the name of the restaurant or dining hall that you ate at in this column.

Date: 2/15/07				
TIME	TYPE OF FOOD	AMOUNT	LOCATION	METHOD OF PREPARATION
8:00 am	Corn flakes Skim Milk Orange	1.5 cups 1 cup 1	Dining Hall Dining Hall	
11:00 am	Snyder Pretzels	30	Dorm Room	
1:00 pm	Sub Roll Deli Turkey American Cheese Mayonnaise	1 4 slices 2 slice 1 Tbsp	Grab-n-Go Grab-n-Go Grab-n-Go Grab-n-Go	
6:00 pm	Chicken Breast Green Beans Mashed Potatoes Ice Cream- Vanilla	5 ounces 1 cup 1.5 cups 1 cup	Dining Hall Dining Hall Dining Hall Dining Hall	Baked, no skin Steamed Made with butter & water

DAY 1

Date: ___/___/___

TIME	TYPE OF FOOD	AMOUNT	LOCATION	METHOD OF PREPARATION

DAY 2

Date: ___/___/___

TIME	TYPE OF FOOD	AMOUNT	LOCATION	METHOD OF PREPARATION

DAY 3

Date: ____/____/____

TIME	TYPE OF FOOD	AMOUNT	LOCATION	METHOD OF PREPARATION