

3-Day Food Diary

Please fill out the food diary **as accurately as possible for 3 days. A more detailed diary will allow for a more accurate nutritional analysis.**

It is best to record your meals, snacks and drinks soon after consuming them as it can be easy to forget after a long day. Additionally, **please include amounts and serving sizes (e.g. a cup, tablespoon, handful, size of a deck of cards, ounces, etc.) as well as brand names and restaurant names - the more descriptive the better!** If a dish contains many ingredients, include all ingredients and an estimated amount of each consumed (e.g. chicken broccoli alfredo: 4 oz linguine, ¾ cup alfredo sauce, ½ cup broccoli, 4 oz grilled chicken).

Please feel free to write down other comments and descriptions of how you felt at the time you were eating, what you were doing, who you were with etc. This can help the nutrition graduate assistant obtain a more complete picture of your overall diet.

Example Food Diary:

Time	Food/Beverage	Amount (cups, oz, teaspoon, grams, handful, size of deck of cards etc.)	Notes/Comments
9am	Black coffee (no sugar)	1 cup	
	Milk, 2%	1 tablespoon	
	Whole wheat toast (Pepperidge Farm 100% whole wheat)	2 slices	
	Peanut butter, Jif, Extra Crunchy	2 tablespoons	
1pm	Chicken and veggie stir-fry with rice		
	- White rice	½ cup	
	- Chicken breast strips	Size of deck of cards	
	- Broccoli florets	¼ cup	
	- Carrots	¼ cup	
	- Canola oil	½ tablespoon	
	- Soy sauce, Kikkoman, reduced sodium	1 teaspoon	
4pm	KIND bar, Dark chocolate, nuts, & sea salt	1 bar	
6pm	California Club, Jason's Deli	1	
	Mac & cheese, side, Jason's Deli	1	
8:30pm	Apple, Granny smith	1 medium	

3-Day Food Diary

Day 1: _____

Time	Food/Beverage	Amount (cups, oz, teaspoon, grams, handful, size of deck of cards etc.)	Notes/Comments

How many alcoholic beverages were consumed on Day 1?
(1 drink = 1.5 fl. oz 80-proof liquor, 5 fl. oz wine, 12 fl. oz beer) _____

How many glasses of water were consumed on Day 1? (1 glass = 8 oz) _____

Is this a typical day of eating? _____

3-Day Food Diary

Day 2: _____

Time	Food/Beverage	Amount (cups, oz, teaspoon, grams, handful, size of deck of cards etc.)	Notes/Comments

How many alcoholic beverages were consumed on Day 2?
(1 drink = 1.5 fl. oz 80-proof liquor, 5 fl. oz wine, 12 fl. oz beer) _____

How many glasses of water were consumed on Day 2? (1 glass = 8 oz) _____

Is this a typical day of eating? _____

3-Day Food Diary

Day 3: _____

Time	Food/Beverage	Amount (cups, oz, teaspoon, grams, handful, size of deck of cards etc.)	Notes/Comments

How many alcoholic beverages were consumed on Day 3?
(1 drink = 1.5 fl. oz 80-proof liquor, 5 fl. oz wine, 12 fl. oz beer) _____

How many glasses of water were consumed on Day 3? (1 glass = 8 oz) _____

Is this a typical day of eating? _____