

INSTRUCTIONS FOR KEEPING YOUR THREE DAY FOOD RECORD

Please read carefully, it will make your analysis more accurate if your journal is accurate!

1. **Record** EVERYTHING that you eat and drink for **three** days; 2 week days and 1 weekend **day** is best.
2. For accuracy, it is best to **record** each meal or snack immediately after it is eaten. It is most important to **record** the **food** accurately, regardless of when it was eaten. Be sure to include water, coffee, tea, soda, etc.
3. **Record** BRAND NAMES, if known.
4. If eating out, **record** foods eaten as accurately as possible, including the NAME OF THE ESTABLISHMENT and the SPECIFIC **FOOD** ITEM ORDERED.
5. Always specify METHOD OF PREPARATION. *Examples include: baked, broiled, fried, breaded, sautéed, etc.*
6. Describe all foods as fully as possible. *For example: 3 oz. baked chicken thigh, no skin.* (NOTE: 3 oz. is approximately the size of a deck of cards.)
7. List ALL INGREDIENTS for sandwiches, casseroles, and other mixed dishes. *Example: Peanut butter sandwich – 2 pieces oat bran bread, 1 ½ Tbsp. chunky peanut butter.* A full recipe is not required.
8. **Record** EXACT AMOUNTS when known. Specify weight or volume or dimensions in inches (e.g., 1 piece banana bread, 1" by 2" by 4"). Use household measuring cups or spoons to estimate portions.
9. Include all ADDITIONS to **food** at the table, such as salt, sugar, or milk. **Record** each addition on a separate line.
10. **Record** all MEDICATIONS, including over-the-counter meds and DIETARY SUPPLEMENTS (e.g., vitamins, etc.). **Record** brand names and amounts.

