

Tips for completing an accurate 3-Day Food Record

- Ideally, these should be **3 concurrent days, consisting of 2 weekdays and 1 weekend day**. On these days, you need to **RECORD**/write-down everything that you eat or drink in great detail. These directions include an example.
- One problem that people run across is recognizing portion sizes. Try to gain as much information from labels as possible, try using measuring cups and spoons and use the "**Visual Portion Guide**" on the last 2 pages to estimate the quantity of what you are consuming during this period of time.
- Other than trying to be specific with your recording, please try to **avoid the urge to change anything**, judge yourself or just "over think" it. The goal of this RECORD is to take a "snapshot" of your current diet (ie, how you were eating prior to SEEING a Registered dietitian).
- **Record water and beverage intake**. You may list your overall intake for the day rather than each time you drink. Please also be sure to record any other beverages, such as alcohol, soda, juice, etc.
- **Note your physical activities during this time**. Activity may include taking the stairs, doing housework, walking the dog, gardening, etc and is not limited to gym work.

SAMPLE FOOD RECORD

Time	Location (in car, in front of TV, at the table, etc)	Food/Drink (sauces, condiments, preparation method or what restaurant it was purchased from)	Amount (include only the portion you actually consumed)
9AM	Car	Starbuck's Coffee	12 ounces
		Cream	3 Tbsp
		Sugar	3 Tbsp
		Starbuck's LF Blueberry Muffin	1
12pm	At desk	El Pollo Loco BRC	2
		Coke	20 ounces

Use the Visual Portion Guide to Estimate Amounts for Your 3 Day Food Record

1 Cup Raw, Chopped Vegetables	Woman's Fist	
1 cup Raw, Chopped Fruit	Tennis Ball	
1 Fresh Fruit or Vegetable (medium-sized piece)	Baseball	
½ Cup Cooked Vegetables, Rice, Pasta, Noodles or Mashed Starch	Palm of Hand	
	1 Ice Cream Scoop	
	Cupcake Wrapper	
3 ounces of cooked Meat, Fish or Poultry	Deck of Cards	
1 Tbs. Butter, Margarine, Peanut Butter, Cream Cheese, Oil	Thumb (base to tip)	
	Role of Film	
2 Tbsp. Peanut Butter	Ping Pong Ball	

1 Tsp. Butter, Margarine, Peanut Butter, Cream Cheese, Oil	Tip of Thumb (bottom of nail to top)	
1 Potato (medium)	Computer Mouse	
1/2 Bagel (1 ounce or 28 grams)	Hockey Puck	
1 Small Pancake (1 ounce or 28 grams)	Compact Disc	
1 1/2 Ounces Cheese	2 Dice	
	9-Volt Battery	
1 Cup Dry Cereal, Flake or Puff (1 ounce or 28 grams)	1 Large Handful	
1 Ounce Potato Chips, Pretzels (28 grams)	1 Large Handful	
3-4 Small Crackers (1 ounce or 28 grams)	3-4 Matchbooks	
1 Gram of Food	1 Small Paperclip	