## 3 Day Food Diary

A three day food record is designed to get an accurate description of your typical daily diet. Please keep a detailed record of your food intake for three consecutive days. Do not change anything about your eating habits. Please try to be as accurate as possible by recording all of the foods and beverages you eat and drink. Include the exact amount of food eaten (e.g. skim, 2%, reduced fat, sugar-free, etc).

Day 1 Food Record: Date:					
Time	Food & Beverage Description	Amount eaten	Location/Feelings		

Day 2 Food Record: Date:				
Time	Food & Beverage Description	Amount eaten	Location/Feelings	

Day 3 Food Record: Date:				
Time	Food & Beverage Description	Amount eaten	Location/Feelings	