

## Three-Day Food Record

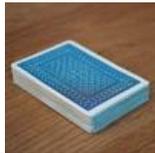
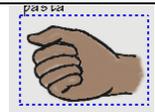
**Name:** \_\_\_\_\_

**Dates of recorded intake:** \_\_\_\_\_

### Instructions

- Please record three consecutive days (include two weekdays and one weekend)
- Select days that closely resemble your usual eating habits if possible.
- Record what and how much was eaten. Try to do this right after eating so as not to miss anything (meals, snacks, nibbles).
- To measure how much was eaten, use a set of **measuring cups and spoons**. Also see the examples below to estimate portion sizes.
- Note if food choices are homemade or purchased. Please include brand/restaurant name whenever possible.

### How to Estimate Your Portion Size

<p><b>Meat</b> Three (3) ounces of meat are about the size and thickness of a deck of playing cards or an audiotape cassette.</p>	
<p><b>Fruit</b> A medium apple or peach is about the size of a tennis ball.</p>	
<p><b>Grains</b> One cup of rice or pasta is about the size of your fist.</p>	
<p><b>Cheese</b> One ounce of cheese is about the size of four dice.</p>	

## Sample Menu

<b>Day 1: Tuesday, May 14, 2005</b>				
<b>Time of Meal or Snack</b>	<b>Type of Food or Beverage Offered</b>	<b>Amount Eaten</b>	<b>Method of Preparation or Brand</b>	<b>Comments</b> (e.g. amount of)
<b>Breakfast</b>	Cereal	½ cup	Honey Nut Cheerios	On the run
	Milk 2%	½ cup		
	Banana	½ med		
<b>AM Snack</b>	Animal Crackers	10	Christie	
	Apple juice	4 oz	Allen's pure apple juice-canned	
<b>Lunch</b>	Grilled cheese sandwich			
	Whole wheat bread	1 slice	Dempsters	No crusts
	Cheese slice	1 slice	Kraft slices	
	Butter on bread	1 Tbsp		
	Yogurt – strawberry	75 ml	Mini-go	
	Milk	½ cup	2%	
<b>PM Snack</b>	Granola bar	1 bar – 35 g	Quaker Chewy, Trail Mix – tropical fruit	Bored
<b>Dinner</b>	Chicken fingers	1 ½	President's Choice	
	French fries	10	McCain regular	
	Honey	2 Tbsp		
	Ketchup	2 Tbsp	Heinz	
	Carrots	½ medium	Raw, cut in sticks	
	Milk	½ cup	2%	
<b>Evening Snack</b>	Ice cream	1 cup	Chocolate Nestle	stressed

Was this day's intake considered: [ ] Poor [X] Average [ ] Very Good

<b>Day 1</b>	<b>Date:</b>			
<b>Time of Meal or Snack</b>	<b>Type of Food or Beverage Offered</b>	<b>Amount Eaten</b>	<b>Method of Preparation or Brand</b>	<b>Comments</b>
<b>Breakfast</b>				
<b>AM Snack</b>				
<b>Lunch</b>				
<b>PM Snack</b>				
<b>Dinner</b>				
<b>Evening Snack</b>				

Was this day's intake considered: [ ] Poor [ ] Average [ ] Very Good

<b>Day 2</b>	<b>Date:</b>			
<b>Time of Meal or Snack</b>	<b>Type of Food or Beverage Offered</b>	<b>Amount Eaten</b>	<b>Method of Preparation or Brand</b>	<b>Comments</b>
<b>Breakfast</b>				
<b>AM Snack</b>				
<b>Lunch</b>				
<b>PM Snack</b>				
<b>Dinner</b>				
<b>Evening Snack</b>				

Was this day's intake considered: [ ] Poor [ ] Average [ ] Very Good

<b>Day 3</b>	<b>Date:</b>			
<b>Time of Meal or Snack</b>	<b>Type of Food or Beverage Offered</b>	<b>Amount Eaten</b>	<b>Method of Preparation or Brand</b>	<b>Comments</b>
<b>Breakfast</b>				
<b>AM Snack</b>				
<b>Lunch</b>				
<b>PM Snack</b>				
<b>Dinner</b>				
<b>Evening Snack</b>				

Was this day's intake considered: [ ] Poor [ ] Average [ ] Very Good