

How to Keep a 3-day Food Record



Allina Health

Three-day Food Record

Your health care provider wants you to keep track of everything you eat and drink for 3 days in a row (2 weekdays and 1 weekend day). Please bring this booklet filled out to your next health care provider visit.

How To Keep Track

Please write down as much information as possible. Include all foods you eat. This includes food eaten while nibbling, preparing a meal or taking medicine. Also, be sure to write down all beverages you drink, including alcohol.

Remember to include the following.

- Did you use fats or oils used while you cooked or baked?
- What was on the sandwich you ate? Include mayonnaise, ketchup, lettuce, cheese, how many ounces of meat, etc. Be sure to write down how many slices of bread, tortilla or roll you used and what type it was (Challah, focaccia, whole-grain bread).
- What were the ingredients in the casserole or hot dish?
- Did you put gravy, sauce, margarine, relish, ketchup, seasoning or other condiment on your food?
- Did you have an appetizer or snack?
- Was your meal homemade or commercially prepared (frozen dinner, fast food, boxed mixes, restaurant)?
- Did you use the weight of the meat before or after it was cooked? Did you include the bone?
- Was your food breaded, battered or fried?
- Was your beverage low sodium, low fat or low calorie?
- Include brand names of food whenever possible such as Promise Light[®] margarine or Minute Maid[®] orange juice.

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Date:			
Time	Meal/Snack	Place	Food/Drink (Type and Amount)

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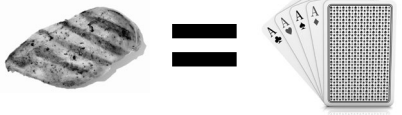
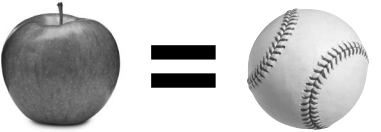


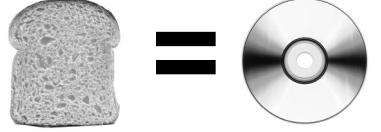
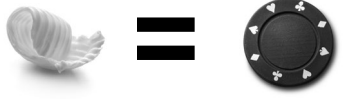
Measure Your Food and Drink

- When cooking and eating, use the following measurements.
- Estimate your meat and cheese in ounces.
- Estimate liquid in cups. Be sure to say if what you are drinking is low fat, etc. (For example: skim or 1 percent milk.)
- Estimate jelly, sugar, margarine, salad dressing, mayonnaise, etc., in teaspoons or tablespoons.
- Indicate the size of bread, fruit or dessert by small (S), medium (M) or large (L).
- Estimate the size in inches (if possible), such as one 2-inch diameter slice of cake or one-fourth of a 14-inch diameter pie.
- Write down the number and size of a snack item you eat. (For example, 3 cups of air-popped, lightly salted, unbuttered popcorn, or 14 low-salt Triscuit® crackers.)
- Estimate your servings of potatoes, rice, ice cream, casseroles, vegetables, soups and cereals in cups.

Common Serving Sizes

4 tablespoons = $\frac{1}{4}$ cup	2 ounces = $\frac{1}{4}$ cup 4 ounces = $\frac{1}{2}$ cup
5 $\frac{1}{3}$ tablespoons = $\frac{1}{3}$ cup	6 ounces = $\frac{3}{4}$ cup 8 ounces = 1 cup
1 cup = 16 tablespoons or 8 fluid ounces or $\frac{1}{2}$ pint	8 ounces = standard drinking glass
4 cups = 2 pints = 1 quart	1 teaspoon = 1 pat of margarine

Common Serving Sizes

Three ounces of meat is about the size and thickness of a deck of playing cards.	
One medium apple or 1 cup of cooked vegetables is about the size of a baseball.	
One ounce of cheese is about the size of four stacked dice.	
One-half cup of ice cream or $\frac{1}{2}$ cup of cooked pasta is about the size of an ice cream scoop.	
One slice of bread or one 6-inch tortilla is about the size of a DVD.	
One teaspoon of butter is about the size of a poker chip.	

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