

How to Keep a 3-day Food Record





3-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). Bring this booklet filled out to your next health care provider visit.

How To Keep Track

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, write down all beverages you drink, including alcohol.

Include the following.

- Fats or oils used while you cooked or baked
- All sandwich ingredients such as mayonnaise, ketchup, lettuce, cheese. Write down how many ounces of meat you used. Also write down how many slices of bread, tortilla or roll you used and what type it was (challah, focaccia, whole-grain bread).
- List all casserole or hot dish ingredients.
- Any gravy, sauce, margarine, relish, ketchup, seasoning or other condiments used.
- All appetizers and snacks.
- Describe if your meal was homemade or commercially prepared (frozen dinner, fast food, boxed mixes, restaurant).
- Describe if the weight of the meat was before or after it was cooked. Was a bone or bones included in the weight?
- Indicate if your food was breaded, battered or fried
- Describe if your beverage was low sodium, low fat or low calorie?
- Include brand names of food whenever possible such as Promise Light® margarine or Minute Maid® orange juice. 1

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% milk.)
- Estimate jelly, sugar, margarine, salad dressing, mayonnaise, 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 such as one 2-inch diameter slice of cake or ¼ of a 14-inch diameter pie.
- Write down the number and size of a snack items. (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.













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

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Common Serving Sizes

3 ounces of meat is about the size and thickness of a deck of playing cards.	 = 
1 medium apple or 1 cup of raw vegetables is about the size of a baseball.	 = 
1 ounce of cheese is about the size of 4 stacked dice.	 = 
½ cup of ice cream or ½ cup of cooked pasta is about the size of an ice cream scoop.	 = 
1 slice of bread or 1 6-inch tortilla is about the size of a DVD.	 = 
1 teaspoon of butter is about the size of a poker chip.	 = 

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