



## 3 DAY FOOD RECORD

Complete this 3 Day Food Record and  
SEND BACK in Stamped, Pre-Addressed Envelope OR Fax to 615-457-3527 OR  
email to [info@nutri-heal.com](mailto:info@nutri-heal.com)

### Instructions for Completing the Daily Food Record Forms

Keep track of and record everything you eat and drink for 3 consecutive days.

1. **Do not change** your eating habits on the days you are recording your food and drinks. The purpose of the food record is to identify your *typical* eating patterns.
2. Be honest. The dietitians will not judge you based on your food choices or eating patterns, but they need accurate information to best provide recommendations.
3. Write down **EVERYTHING** including beverages.
4. **Be as specific as possible with portion size.** Don't forget condiments such as mayonnaise, butter, and cheese. Measure or estimate portions as accurately as possible.
5. Make notes about the brand of a already-prepared food or the restaurant that you got something from. This will help the dietitian to more accurately calculate the appropriate calories and protein.
6. Do it now. Don't rely on your memory at the end of the day. Keep a small notebook with you if needed and copy your intake to your Food Record Forms at the end of the day.

Example:

Description of Food and Drink	Specific Amount/Portion Size	Notes
Turkey Wrap	1 tortilla, 3oz turkey breast, 1 slice cheese, 1 t. honey mustard, 1 piece lettuce	Subway
Baked Barbecue Chips	1.5oz bag	Frito Lays
Whole Milk	16 oz	

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

Phone#: \_\_\_\_\_

Date: \_\_\_\_\_

DAY 1

	Description of Food or Drink	Specific Amount/Portion Size	Notes (ex: brand, restaurant, how prepared, etc)
Breakfast			
Lunch			
Dinner			
Snacks			

Name: \_\_\_\_\_ Best time to call: \_\_\_\_\_

Date: \_\_\_\_\_

DAY 2

	Description of Food or Drink	Specific Amount/Portion Size	Notes (ex: brand, restaurant, how prepared, etc)
Breakfast			
Lunch			
Dinner			
Snacks			

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

Date: \_\_\_\_\_

DAY 3

	Description of Food or Drink	Specific Amount/Portion Size	Notes (ex: brand, restaurant, how prepared, etc)
Breakfast			
Lunch			
Dinner			
Snacks			