Well Fed
NUTRITION

Three Day Food Diary

Instructions

Date: Write down the date of the diary entries.

Time: Write down the time you eat.

Foods Eaten: List each food that you eat during a meal or snack. Include fluids, vitamins, and medications as well as foods. List brand names when possible, and describe each food to distinguish it from other foods. Indicate cooking style, where appropriate. Also, for fruits and vegetables, write down whether the item is fresh/raw, cooked or frozen.

Notes:

For soups, such as chicken noodle, write in "soup with chicken broth, pasta, chicken meat, onion and carrots."

For dairy, indicate whether the product is whole, low-fat, 2% or non-fat.

Amount: Write down the amount of each food you eat. Use measurements such as fluid ounces, ounce-weight, cups, grams, teaspoons, slices, liters or milliliters.

Notes:

For liquids, write down or estimate the amount drank in fluid ounces, containers are usually listed in fluid ounces. Examples, 1 cup = 8 fluid ounces, 1 standard can of soda = 12 fluid ounces, 1 pint = 16 fluid ounces.

Write down or describe the size of items such as fruit, meal orders or when obvious. Examples, "1 medium apple, 1 small hamburger, 3 small cookies."

Comments: Use this space to describe your feelings about the food you are eating. How hungry were you before you ate? Did your feelings or energy level change after eating? What were you doing while you ate, where were you, or who were you with?

CONTACT	TACOMA	OLYMPIA	BY MAIL
844 705 0990 robertwdemko@gmail.com www.wellfednutrition.us	5702 N. 26th Street Tacoma, WA 98407 253 327 1296 Fax	2118 Caton Way SW Olympia, WA 98502 360 352 3289 Fax	PO Box 6912 Tacoma, WA 98417

Name ________________ Date ___________

Time	Foods Eaten	Amount	Comments

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