

Food Log

Please bring this completed 3-day food record to your first appointment.

Instructions for completing the food record: On the attached form, record everything that you eat and drink for three (3) days (if possible, 2 week days and 1 weekend day). Record everything, including brand names, serving sizes, and how it was prepared. Please be honest and try not to change the way you eat simply because you are writing everything down. For more information on the Food Log, please review the *Tips for a Great Food Log* document on the Dietitian Services portion of the website.

| | Day 1 | Day 2 | Day 3 |
|-----------|--------------|--------------|--------------|
| Breakfast | | | |
| Snack | | | |
| Lunch | | | |
| Snack | | | |
| Dinner | | | |
| Snack | | | |

How much do you think recording your intake affected what you ate? _____ A lot _____ Some _____ A little _____ Not at all