



3 Day Dietary Food Record

Please contact Battle Born Nutrition if you have any questions about completing the 3 Day Dietary Food Record.

Your Name: _____

INSTRUCTIONS FOR RECORDING YOUR FOOD INTAKE

Please follow these instructions carefully. The more accurately you describe everything you eat or drink, the more helpful the record will be in meeting nutritional needs.

1. At the top of each page, fill in the day of the week, and the date.
2. Write down **EVERYTHING** you eat or drink, including water and all vitamin/mineral supplements or additional supplements taken for the 3 day period. Don't forget to include snacking or food eaten while preparing a meal. Every bite counts!
3. If possible, record one weekend day (Saturday or Sunday) and two weekdays.
4. **Please be as accurate as possible in recording amounts.** Using standard measuring tools (measuring cups/spoons, food scales if available) to measure food portions consumed. If measuring tools are not available, please estimate the portion size of what you are eating.
5. You have two pages available to record each day. Include as much detail as possible about each food item such as the type of milk, cut of meat, restaurant name, brand name, preparation method, etc.
6. Do not forget to write down sauces, gravy, and/or condiments added to your foods and beverages. List these on a separate line. Also, do not forget to record all your beverages consumed with meals and also between meals.
7. If eating away from home, write down the restaurant or place eaten, and ask questions about food preparation if possible. Estimate portion sizes if they are not stated on the menu.

Example of the right way to record food intake:

Time	Foods and Beverages	Amount	Dietitian Notes
9:00 AM	Regular Cheerios	1 ½ Cups	
	2% Milk	8 fluid ounces	



Food Intake Record for (name): _____

Date: _____ Day of week: _____

Time	Foods and Beverages (Include details such as brand, preparation, restaurant name etc)	Amount	Dietitian Notes



Food Intake Record for (name): _____

Date: _____ Day of week: _____

Time	Foods and Beverages (Include details such as brand, preparation, restaurant name etc)	Amount	Dietitian Notes



Food Intake Record for (name): _____

Date: _____ Day of week: _____

Time	Foods and Beverages (Include details such as brand, preparation, restaurant name etc)	Amount	Dietitian Notes



Food Intake Record for (name): _____

Date: _____ Day of week: _____

Time	Foods and Beverages (Include details such as brand, preparation, restaurant name etc)	Amount	Dietitian Notes



Food Intake Record for (name): _____

Date: _____ Day of week: _____

Time	Foods and Beverages (Include details such as brand, preparation, restaurant name etc)	Amount	Dietitian Notes



Food Intake Record for (name): _____

Date: _____ Day of week: _____

Time	Foods and Beverages (Include details such as brand, preparation, restaurant name etc)	Amount	Dietitian Notes