

Name _____

3 Day Food Record Intake Sheets

Keep a record of everything you eat and drink for 3 days. Be specific. Was it white or wheat bread, 1% or 2% milk, 1 cup or 1½ cups, did you fry it in oil or bake it. If it is a combination food that you are unable to find in the Diet Analysis software, you may need to break it down, ie, a ham and cheese sandwich would be 2 slices of bread, 2 ounces of ham, 1 ounce of cheese, 1 tablespoon of mayonnaise. **Do not include vitamin pills or supplements in your analysis.**

Day 1 Date: _____

Amount consumed	Description of food or ingredient	How prepared
Ex: 1 ½ cups	Honey-nut cheerios	No preparation

Name _____

Day 2 Date: _____

Amount consumed	Description of food or ingredient	How prepared
Ex: 1 ½ cups	Honey-nut cheerios	No preparation

Name _____

Day 3 Date: _____

Amount consumed	Description of food or ingredient	How prepared
Ex: 1 ½ cups	Honey-nut cheerios	No preparation