



3 DAY FOOD RECORD WORKSHEET

Name _____

Date _____

DAY 1 How many glasses (8 fl oz) of water did you drink today? _____ [Regular Poland Spring bottle = 2 glasses]

| Time | Place | Food/Beverage | Portion Size | Condiments and/or Preparation Method | Reason for Choosing This Food | Hunger Level (0=Starved; 10=Stuffed) |
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Name _____

DAY 2 **How many glasses (8 fl oz) of water did you drink today?** _____ **[Regular Poland Spring bottle = 2 glasses]**

| Time | Place | Food/Beverage | Portion Size | Condiments and/or Preparation Method | Reason for Choosing This Food | Hunger Level (0=Starved, 10=Stuffed) |
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Name _____

DAY 3 **How many glasses (8 fl oz) of water did you drink today?** _____ **[Regular Poland Spring bottle = 2 glasses]**

| Time | Place | Food/Beverage | Portion Size | Condiments and/or Preparation Method | Reason for Choosing This Food | Hunger Level (0=Starved, 10=Stuffed) |
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3-DAY FOOD RECORD INSTRUCTIONS AND TIPS

For greater accuracy and better results, write down your food intake and activities as you perform them instead of waiting until the end of the day to recall them.

Try not to let the food record alter how you eat. If you eat at a restaurant, try your best to estimate portion sizes. Here are two websites with useful portion size equivalents:

http://education.wichita.edu/caduceus/examples/servings/handy_reminders.htm
http://education.wichita.edu/caduceus/examples/servings/household_items.htm

3-DAY FOOD RECORD INSTRUCTIONS

1. For three consecutive days, including ONE weekend day, record all you eat and drink. Please write legibly. Use a new line for each new food. Describe foods you eat **in detail**.
2. Write down all drinks, candies and snacks you consume. Write any supplements on the log as if they were food. It would be best to fill the log out right after you eat. Bring a notepad or your food and activity record sheets with you throughout the day so you do not forget to write something down.
 - Be sure to include all “hidden foods” and toppings.
 - Ex: Milk to cereal or coffee (note whether whole, 2%, skim). Sugar added to cereal, coffee, etc. Spreads on toast. Oils added when frying or baking foods. Salt or other spices.
3. **Time column:** Write the exact time you had your food.
4. **Place column:** List where you got the food (home, cafeteria, restaurant, Subway etc.)
 - If eating out, **name the restaurant/chain** and record foods eaten with portion sizes
5. **Food/Beverage column:** Record everything you eat & drink (i.e.: meals, snacks, toppings, drinks). Include food brand names, flavors, low-fat, & no-fat specifics.
 - Be sure to list any **condiments** that you may have added to your foods such as cream or sugar in your coffee, butter, mayo, mustard, ketchup, salt or pepper. Include the amount of each condiment as well (i.e. 1 teaspoon, etc.)
 - For **mixed dishes** (sandwiches, casseroles, stews, cookies, cakes, pies, etc.) don't forget to separate into individual food items (ex. 3 oz. meat, ½ cup rice, 1 cup carrots, 1 cup broccoli)
 - Example: For a ham sandwich, break it down into its ingredients:
 - Whole wheat bread, Arnold Naturals Brand - 2 slices
 - Ham, Boar's Head Brand - 2 slices
 - Mayonnaise, Hellman's (regular) - 1 tsp
 - Cheese slice, Borden - 1 slice
6. **Portion Size column:** Measure everything you eat and drink with measuring cups and spoons or else it won't be accurate! i.e. 1 cup of Cheerios with 12 ounces of non-fat milk. Be as exact as possible.
 - **Give the amount** of food you ate by using measurements like: cups, teaspoons, tablespoons, ounces, grams, slices, etc. (Hint: sometimes food packages can help with determining weights and portions)
 - Ex: grams, oz., cup, inches of diameter, fl. oz., tablespoon, teaspoon, leaf of lettuces, ½ inch slice of tomato.
7. **Preparation Method:** Please specify as to if the food was home-made, take-out, cooked, uncooked, cooked with butter and if so how much, etc. Write down **how the food was prepared** and make sure to differentiate from **types** of foods (ex. whole wheat vs. white bread, iceberg vs. romaine lettuce, 2% vs. skim milk, etc.).
 - Ex: if you write ½ cup of rice, specify whether that measured ½ cup of rice was before or after cooking, whether it was brown or white rice and if it is was cooked with any added ingredients such as salt or butter.
8. **Reason for Choosing / Feelings:** Why you chose to eat that food (“hungry”, “just worked out”, “grabbing food before a long class”, “not hungry but felt like eating”, “out with friends who offered me dessert”, “ate out of habit”).

Also consider, and include if applicable, how you are feeling right before you eat (bored, stressed, tired, happy, mad, frustrated, excited, anxious, relaxed, etc.).

9. **Hunger Level:** Consider how hungry you are before (and then after) you eat, on a scale of 0 = starving to 10 = stuffed.

Additional Tips:

1. Be as detailed as you can. (i.e., “batter fried chicken drumstick with the skin”....not just “chicken”).
2. Do not wait until the end of the day to try to remember what you ate previously. Record what you eat throughout the day.
3. Be sure to include ounces of water you consume in the spaces provided.
4. Remember to include sugar and cream added to coffee or tea; butter, margarine, jam or jelly on toast or sandwiches; sauces and gravy; salad dressings; mayonnaise, mustard, and relish. Include coffee, tea and diet sodas.
5. When describing the foods you eat, consider:
 - Meat, fish, poultry, dairy: Make note if the meat, fish or poultry is baked, broiled, pan fried, deep fried, etc. If it was cooked in oil, try to find out the type of oil it was cooked in. If it is prepared and eaten with a sauce, gravy or dressing, write that down as well.
 - For milk, yogurt and cottage cheese, note the % fat from the label.
 - Grains, cereals, and breads: Name the type of bread (100% whole wheat, white) and the type of cereal or grain (white/brown rice, Honey Nut Cheerios, etc.).
 - Fruits and vegetables: Write down if it is fresh, frozen, canned, and canned in juice, or syrup; if it is raw, or cooked. If it is cooked with added fat or oil, write down the type of oil/fat and approximate amount.
 - Oil, margarine, salad dressings: Name the type of oil you used. Read the label and find out what type of oil it is (e.g. canola oil, olive oil). For mayonnaise and salad dressings, note if it is low calorie, reduced fat, low fat or nonfat.
 - Snacks and Sweets (chips, crackers, cookies, etc.): Note if it is regular or reduced fat.
 - Fast Foods: Write down what you had and include the name of the establishment.
 - Restaurants: Look closely at what you are served and try to record as accurately as possibly what you ate. Ask the waiter/waitress for clarification if necessary.
6. Estimating Portions Eaten
 - Record the amounts of food eaten in common portions sizes: cups, teaspoons (tsp), tablespoons (Tbsp.), slices/pieces, fluid ounces, etc. (there are 3 level tsp in 1 level Tbsp.)
 - If you have measuring cups and spoons, measure a few foods to get an idea of common measurements. Learn what 1 cup of food really is:
 - 1 cup = ½ pint = 8 fluid ounces (*but does not necessarily weigh 8 ounces*). Be careful: “ounces” can refer to a weight or to a volume. Be sure you use the correct measurement.
 - One 8 fl oz bowl (volume) of cold cereal actually weighs about 1 ounce. *Only use ounces* for weights (for things like meat, cheese, packaged foods). For volumes of liquids and other foods (cereal, rice, vegetables) use cup, ½ cup, 2 cups, etc, or for smaller quantities, tablespoon/teaspoon, NOT ounces.
 - If the food came from a package, look at the serving size from the label. But figure out if that is the quantity you actually ate. You might not have eaten what the package designates as a “serving”.
 - **Do not** write “large bowl” or “small piece”. If possible, measure to see how much it is. Otherwise, try to estimate a quantity as accurately as you can.
 - Record the amount that *you actually ate*. For example, if you pan fried a piece of chicken and you put 2 TBSP. corn oil in the pan, this does not mean you ate 2 Tbsp. of oil—much of the oil remained in the pan. You would need to try to estimate the amount that you actually ate. Similarly, if you sautéed a large quantity of vegetables, putting 2 Tbsp. of oil in the pan and the vegetables absorbed all of the oil—none was left in the pan-- but you ate ¼ of the food that you prepared, you consumed about ¼ of 2 Tbsp. of oil (½ Tbsp.).
 - The textbook also has helpful guidelines for estimating portion sizes.

7. Fast Food Restaurant Portion Sizes:

Do you know how many ounces of beef are in a hamburger from McDonald's or Wendy's? Or how much mayonnaise they put on a chicken sandwich? You can find out! Fast-food restaurants have websites that describe the portion sizes and nutritional content of their popular meals or sides. The following table contains the list for common fast-food establishments and their websites. You can generally click on the "Nutrition" tab or link within the website to find the nutritional content of all of their items. The Burger King and Subway websites allow you to click on the food item to view its nutritional content.

| Name | Website URL |
|-------------------------------------|---|
| Arby's | http://www.arbys.com |
| Burger King | http://www.burgerking.com |
| McDonald's | http://www.mcdonalds.com |
| Pizza Hut | http://www.yum.com/nutrition |
| Subway | http://www.subway.com |
| Taco Bell | http://www.yum.com/nutrition |
| Wendy's | http://www.wendys.com/food |
| KFC | http://www.yum.com/nutrition |
| *CalorieKing* - Use for Other Foods | http://www.calorieking.com |