

Food Record

Before visiting the dietitian, write down everything you eat and drink for three days. Choose two weekdays and one weekend day.

		Food or Drink		Comments
	Place	(Be specific: instead of "chicken"	Amount	(Write comments that may
Date/Time	(Where did you	describe pieces you ate; how it was	, anoun	help the dietitian understand
	eat?)	cooked)		how and why you got)
				how and why you eat)
example:	example:	examples:	examples:	example:
9/12/10:	Desk at work	Coffee – black	16 oz. cup	Very hungry, ate while
9am		Apple	1 large	working
		White toast	1 slice	
		Peanut butter	2 T.	
		1 canal batter	Z 1.	

Date/Time	Place (Where did you eat?)	Food or Drink (Be specific: instead of "chicken" describe pieces you ate; how it was cooked)	Amount	Comments (Write comments that may help the dietitian understand how and why you eat)