## 3-Day Food Diary and Instructions

It is important to keep an accurate record of your usual food and beverage intake as a part of your treatment plan. Please complete this Diet Diary for 3 consecutive days including one weekend day.

- Do not change your eating behavior at this time, as the purpose of this food record is to analyze your present eating habits.
- Record information as soon as possible after the food has been consumed
- Describe the food or beverage as accurately as possible e.g., milk - what kind? (whole, 2\%, nonfat); toast (whole wheat, white, buttered); chicken (fried, baked, breaded); coffee (decaffeinated with sugar and $1 / 2 \& 1 / 2$ ).
- Record the amount of each food or beverage consumed using standard measurements such as 8 ounces, $1 / 2$ cup, 1 teaspoon, etc.
- Include any added items. For example: tea with 1 teaspoon honey, potato with 2 teaspoons butter, etc.
- Record all beverages, including water, coffee, tea, sports drinks, sodas/diet sodas, etc.
- Include any additional comments about your eating habits on this form (ex. craving sweet, skipped meal and why, when the meal was at a restaurant, etc.)
- Please note all bowel movements and their consistency (regular, loose, firm, etc.)


## DAY 1

| Time | Food/Beverage/Amount | Location of meal | Mood when eating |
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Bowel Movements (\#, form, color) $\qquad$ Other comments $\qquad$

## 3-Day Food Diary

## DAY 2

Time
Food/Beverage/Amount
Location of meal
Mood when eating

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Bowel Movements (\#, form, color)
Other comments $\qquad$

## DAY 3

| Time | Food/Beverage/Amount | Location of meal | Mood when eating |
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Bowel Movements (\#, form, color)
Other comments $\qquad$

