



### THREE DAY FOOD RECORD INSTRUCTIONS

A Three Day Food Record is an easy way for a dietitian to gain understanding of your current eating patterns and the kind of foods you tend to eat. For this record, **do not** change how you are eating. Be as accurate as possible when recording. Estimate to the best of your ability the amounts you have eaten. **Record your intake for two weekdays and one weekend day, if possible.** If you are completing this form immediately before your appointment, do your best to give an accurate example of how you typically eat.

- Column 1: Date and time of consumption
- Column 2: Description of food and/or beverage consumed
- Column 3: Amount Consumed
  - A cup is about the size of a fist; 3 ounces is about the size of a playing card deck
- Column 4: What was your hunger level before eating?
  - 1 = starving, 3 = stomach grumble, 5 = neither hungry nor full, 7 = comfortably full, 10 = painfully full
- Column 5: What was your fullness level after eating?
  - 1 = starving, 3 = stomach grumble, 5 = neither hungry nor full, 7 = comfortably full, 10 = painfully full
- Column 6: Where did you eat, who prepared the food and what was your mood at that time?
  - Location = in my bed, kitchen, dining hall
  - Prepared = myself, dining services, restaurant
  - Mood = stressed, sad, excited

**Sample 24-Hour Food Record**

1	2	3	4	5	6
Date and Time	Food and Beverage Eaten	Amount Eaten	Hunger Level Before Eating	Fullness Level After Eating	Location/Prepared/Mood
1/18/18 7:15 am	Pop Tarts strawberry 100% apple juice	2 tarts 8 oz bottle	3	5	In a hurry to catch bus
1/18/18 12:25	Hamburger on whole wheat bun Tomato, lettuce, onion, ketchup, mustard Celery and carrot cup	One sandwich	1	7	At the Union with friends
1/18/18 3:30 pm	Chocolate chip cookies 2% milk	4 each One cup	5	7	Snack before class
1/18/18 7:00 pm	Baked chicken breast Uncle Bens rice Butter Green Giant Broccoli with cheese sauce - freezer section	6 oz 1.5 cups 2 tsp 1 cup	2	8	End of day - hungry Cooked at home
1/18/18 9:30 pm	Gatorade – blue Mini-twist pretzels	16 oz 14	5	7	Studying - needed to stay awake