

Staple Here

Please return this at your nutrition appointment, or send it to your dietitian at:

HealthPartners  
Nutrition Services  
Mail Stop 21101N  
P.O. Box 1309  
Minneapolis, MN 55440-1309



## Three-day Food Diary



[illegible]

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- Record the amounts of everything you eat and drink, even water, for three entire days.
- Choose days when you have eaten as usual. If your weekend pattern is different from your weekday meals, make sure that one of the three days is a Saturday or Sunday.
- Be honest and accurate so that this is a good representation of your usual eating habits. An incomplete or inaccurate food diary is of little value to you or your health care provider.
- Follow the tips below and take a look at the sample food diary on the next page.

- Weigh or measure your food whenever possible.
- Use ounces if you know how much a food weighs.
- Use a volume measurement of cups, teaspoons or tablespoons to record solid foods. For example, if you had Rice Krispies for breakfast, record it as one cup rather than 8 ounces (8 ounces of cereal could actually fill 6 cups!).

- Write down how the food was prepared. Preparation greatly affects the amount of calories and fat in a food. For example, if you had a tuna salad sandwich, record if the tuna was oil or water-packed and the type of mayonnaise used – regular or low fat. If you had pizza, record the type of topping on it. Was it vegetable, pepperoni or extra cheese?

*Now keep this diary with you and list everything you eat and drink for three days.*

