

# 3-Day Food Intake Record

Please keep a record of *everything* you **EAT** and **DRINK** for **3 days** – 2 weekdays and 1 weekend day. Include all meals, snacks, and beverages, and the time of day you are eating or drinking. **Please pick days that are TYPICAL for your current eating patterns.**

Please also record the supplements (i.e. vitamins, minerals, protein powders, sport supplements, shakes, etc.) in detail, including: the **name or supplement**, the **amount** you take, **how often** you take it, **when you started** the supplement, and **your reason for taking it**.

The purpose of filling out these food records is to help better understand **WHAT** you are eating, **WHEN** you are eating, and **HOW MUCH** you are eating. Please be as honest and accurate as you can, as the information you provide will help you better reflect on your eating habits.

## FOOD/BEVERAGE RECORDING INSTRUCTIONS:

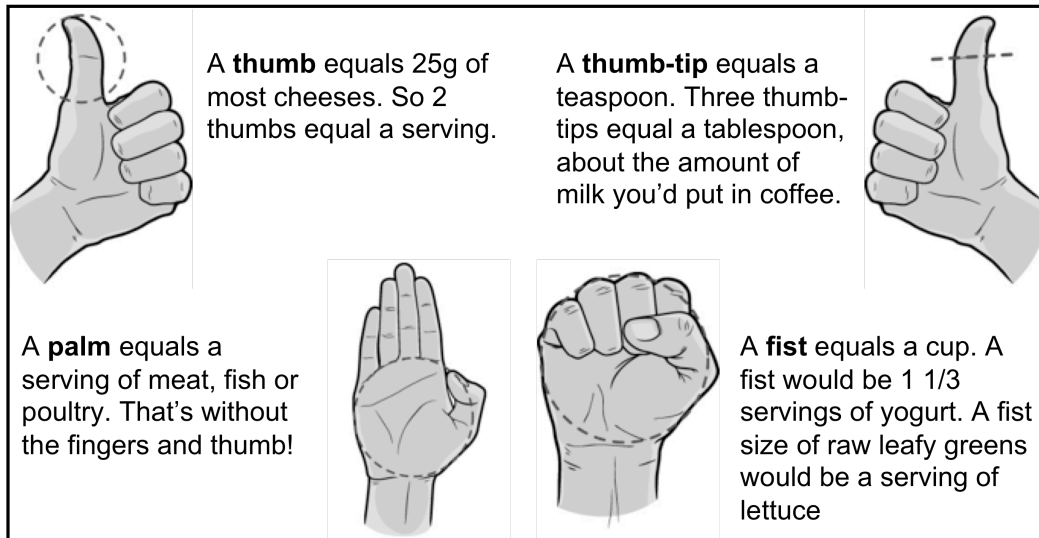
### 1. Record all food and beverages consumed during a 24 hour period. Provide the following:

- **Type of Food Eaten:** e.g. chicken noodle soup
- **Brand Name:** e.g. Campbell's, Lipton, Weight Watchers
- **Food or Beverage Characteristics:**
  - **Colour:** e.g. green vs. yellow beans; white vs. whole wheat bread
  - **Fat Content:** % fat (e.g. skim, 1%, 2% or homo milk), leanness of meat (e.g. extra lean ground beef), fat claims (e.g. "light", "low-fat"), was skin removed from poultry?
  - **Freshness:** e.g. fresh, frozen, canned, or dried?
  - **Other Details:** e.g. 25% reduced sodium, "diet" products, etc.
- **Time of Day** you ate or drank

### 2. Please **MEASURE** and describe the amount of food eaten as best as possible. Diet records are only reliable with accurate measurements.

- **Always estimate portion sizes of food after cooking.**
- **Use household measures to specify serving sizes.**
  - 1 cup = 250mL = 8 fluid oz      1 tablespoon (Tbsp) = 15mL
  - 1 ounce (oz) = 30g              1 teaspoon (tsp) = 5mL
- **Measuring cups (examples):** Put cooked pasta or rice into a measuring cup to record the correct amount before placing it on your plate. Measure your cereal out before pouring into a bowl, and don't forget to measure your milk as well!
- **Teaspoons/tablespoons (examples):** Measure out butter, margarine, mayonnaise, salad dressings, ketchup, mustard, ground flaxseed, sugar, milk/cream, and other condiments, seasonings, and toppings before adding to your food or beverages.
- **Count the number of food items if practical:** e.g.: 20 grapes, 15 baby carrots, 8 medium-sized shrimp, etc.
- **Fluids:** Record amounts in fluid ounces (oz), milliliters (mL), or in cups. Remember 1 cup = 250mL = 8 fl. oz

- **Use food labels to estimate quantities:** Food labels can help you estimate the quantity of food eaten based on weight or volume. For example, write down a 355mL can of pop, 1/2 of a 60g can of tuna, a 37g granola bar, etc.
- **Use your hand to estimate portion sizes quickly:**  
 Whole Thumb = 1 Tablespoon      Tip of your Thumb = 1 Teaspoon  
 Palm of Your Hand = 3 oz of meat      Fist = 1 cup (250mL)



3. **Record if anything was ADDED when preparing the food**, such as oil (list specific kind), sauce, butter, margarine, or other condiments or seasonings.
4. **For COMBINATION DISHES such as lasagna, casseroles, chili, soups, or stews include a description of the main ingredients.** E.g. Lasagna: lean ground beef (1/4 cup per piece), mozzarella cheese (1 oz per piece), cottage cheese (1 oz per piece), 1/2 cup tomato sauce, 2 noodles, 1/4 cup spinach.
5. **Include SNACK FOODS eaten.** Don't forget to include candy, chips, cookies, popcorn, ice cream, and beverages such as soft drinks, juice, coffee, or tea.
6. **Use the "notes" column to record any additional PRODUCT INFORMATION** if available (e.g. 6 crackers – 80 calories, 2.5g fat, 1g fibre, 210mg sodium).
7. **Don't forget to write down any ALCOHOLIC BEVERAGES consumed and how much you drank.** This includes all wine, beer, and liquor.

**When in doubt... include more details!**



# Sample 1-Day Food Record

Below is an *EXAMPLE* of how to keep accurate records. Include a detailed description and amounts for each item. Remember to record **water**, notes on **product details**, and the **times of day** you ate.

TIME	AMOUNT	DESCRIPTION	NOTES
8am	Large	Coffee	Tim Horton's
	1 Tbsp	Cream	
	2 tsp	Sugar	
11am	2 slices	Bread, whole wheat	
	2 oz.	Turkey, lunchmeat	Oven-roasted from deli
	1 Tbsp	Mayo (Hellman's)	"light", 4.5g fat per Tbsp
	1 leaf	Romaine Lettuce	
	1 tsp	Becel Margarine	Salt-free
11:30pm	2 cups	Water, tap	
2pm	1 medium	Apply (granny smith)	
	6	Whole wheat crackers (Premium Plus)	80 cal, 2.5g fat, 210mg sodium (from label)
	1"x1" cube	Marble cheese, 35%MF	Crackerbarrel
4pm	1 large	Muffin, blueberry	Store-bought
	500mL	Water, tap	
7:30pm	1 patty	Hamburger, BBQ'd (regular ground beef)	M&M Meat Shops (~4oz.)
	1	Hamburger Bun, white bread	
	1 leaf	Iceburg Lettuce	
	2 slices	Tomato, raw	
	1 slice	Red Onion, raw	
	2 Tbsp	Ketchup, Heinz	45 calories per tsp
	1 bottle	Beer (12 oz, 5% alcohol)	Moosehead
10pm	2 cups	Chocolate ice cream	Chapman's

Was this a typical day? If not, why? Usually drink more water (forgot water bottle at home)

Did you take all of your usual medications and supplements as prescribed?  Yes  No



## DAILY FOOD RECORD

Subject Code: \_\_\_\_\_ Date: \_\_\_\_\_  Weekday or  Weekend

Please list all food/beverages/water/medications/supplements. Estimate all food/drink amounts accurately.

TIME	AMOUNT	DESCRIPTION	NOTES

Was this a typical day? If not, why? \_\_\_\_\_  
Did you take all of your usual medications and supplements as prescribed?  Yes  No

# DAILY FOOD RECORD

Subject Code: \_\_\_\_\_ Date: \_\_\_\_\_  Weekday or  Weekend

Please list all food/beverages/water/medications/supplements. Estimate all food/drink amounts accurately.

TIME	AMOUNT	DESCRIPTION	NOTES

Was this a typical day? If not, why? \_\_\_\_\_  
 Did you take all of your usual medications and supplements as prescribed?  Yes  No