Name: _____

Three Day Food Record

A food record is used to get an idea of your typical diet. It is important that you try *not* to change your usual eating pattern. Record all of the foods and beverages you eat and drink. Include the exact amount of food eaten and important indicators of the type of food (ex. skim, 2%, reduced fat, sugar-free, etc). Include a description of the cooking techniques (ex. grilled, fried, etc). Rate your hunger/fullness cues on a scale of 1-10 by how your stomach feels before and after you eat (1 = starving; 3 = stomach grumble; 5 = neither hungry nor full; 7 = politely full; 10 = painfully full). For example, if you feel your stomach grumble and you decide to eat, record a 3 for hunger. If you eat until you feel politely full record a 7 for fullness. Recording this information can help you identify external or emotional cues to eat.

In order to get an accurate representation of your diet, record your food intake for 2 weekdays and 1 weekend day (ex. Monday, Thursday, & Saturday).

Sample 24-Hour Food Record				
Time	*Food & Beverage Description*	*Amount eaten*	*Hunger/ Fullness*	*Location/Feelings*
7:15 am	Blueberry bagel	1 each	4/8	Driving - hurried
	Margarine	2 tablespoons		
	100% orange juice	6 ounces		
12:30 pm	Grilled chicken	3 ounces	3/7	At desk - focused on work
	Romaine lettuce	1 cup		
	Spinach leaves	1 cup		
	Baby carrots	1/2 cup		
	Bacon bits	2 tablespoons		
	Kraft Italian dressing	2 tablespoons		
	Ritz crackers	4 each		
	Water	16 ounces		
6:00 pm	Pizza Hut hand-tossed pepperoni pizza	3 slices	2/8	Restaurant -hungry!
	Diet Coke	16 ounces		
9:15 pm	Chocolate chip cookies – 4" diameter	4 each	5/7	Home – watching TV; bored
	Skim milk	8 ounces		

Name: _____

Day 1 Food Record			**Date:**	
Time	*Food & Beverage Description*	*Amount eaten*	*Hunger/ Fullness*	*Location/Feelings*

Name: _____

Day 2 Food Record			**Date:**	
Time	*Food & Beverage Description*	*Amount eaten*	*Hunger/ Fullness*	*Location/Feelings*

Name: _____

Day 3 Food Record			**Date:**	
Time	*Food & Beverage Description*	*Amount eaten*	*Hunger/ Fullness*	*Location/Feelings*