

Food Diary

HEALTH EDUCATION

Keep a food diary for 3 days before you meet with your dietitian.

- Write down **everything** you eat and drink. Include details – how it was prepared (fried, baked, etc.) and any sauces or extras, and the amount (slice, ounce, cup, etc.)
- Be specific about the place you eat – in front of the TV, with friends or alone, etc.
- Include any comments that you think may help your dietitian better understand your eating habits.
- Try to choose 2 weekdays and 1 weekend day to record your food.

Date & Time	Food or Drink	Amount	Place	Comments

