

Please complete this 3-day food diary depicting all food and beverage intake, providing as much detail as possible.

Food Diary Day 1

Time of Day	Meal Eaten	Food Eaten (please be specific including amounts, types of food, etc.)
Sample Record		
8:30 am	Breakfast	1 ½ cup Chocolate Chex with ½ cup 2% milk
		1 cup regular coffee with 2 Tbsp half and half and 1 Tbsp sugar
		1 homemade cinnamon bun (about size of my fist)
		2 slices bacon
	Breakfast	
	Lunch	
	Dinner	
	Snack	
	Snack	
	Snack	
	Other	

Food Diary Day 2

Time of Day	Meal Eaten	Food Eaten (please be specific including amounts, types of food, etc.)
Sample Record		
8:30 am	Breakfast	1 ½ cup Chocolate Chex with ½ cup 2% milk
		1 cup regular coffee with 2 Tbsp half and half and 1 Tbsp sugar
		1 homemade cinnamon bun (about size of my fist)
		2 slices bacon
	Breakfast	
	Lunch	
	Dinner	
	Snack	
	Snack	
	Snack	
	Other	

Food Diary Day 3

Time of Day	Meal Eaten	Food Eaten (please be specific including amounts, types of food, etc.)
Sample Record		
8:30 am	Breakfast	1 ½ cup Chocolate Chex with ½ cup 2% milk
		1 cup regular coffee with 2 Tbsp half and half and 1 Tbsp sugar
		1 homemade cinnamon bun (about size of my fist)
		2 slices bacon
	Breakfast	
	Lunch	
	Dinner	
	Snack	
	Snack	
	Snack	
	Other	