

Guides for completing an accurate 3-Day Food Record

1. Please try to avoid the urge to change anything, judge yourself or just “over think” it. The goal of this Record is to take a “snapshot” of your current diet and learn what changes are needed to better serve your health or condition.
2. Please record 3 concurrent days, consisting of 2 weekdays and 1 weekend day. Make sure you write down everything that you eat or drink in great detail. There are no insignificant things and each small tasting count too.
3. Record water and beverage intake. You may list your overall intake for the day rather than each time you drink. Please also be sure to record any other beverages, such as alcohol, soda, juice, etc.
4. Please do not use “bowl” or “a little” or “pieces of chicken” to describe an amount eaten. There is no average: one considers 6 oz bowl as an average and other considers 16 oz bowl as a small. Please use “cup” (means 8 oz cup), “oz”, “tbsp”, “tsp” to describe the amount consumed. Try to gain as much information from labels as possible. You can also use the “Visual Portion Guide” (see bellow) to estimate the quantity of what you are consuming during this period of time.
5. Please record as much details as possible. When you write “Ham and cheese sandwich” we can’t assume if there was also included mayo, lettuce, eggs, bacon or other food that you didn’t mention.

Sample Food Record

Time	Location <small>(in car, in front of TV, at the table, etc)</small>	What eaten and how much <small>(include only the portion you actually consumed)</small>	Comments
9am	Car	16 oz coffee with 4 tbsp cream + 3 tsp sugar 1 Starbuck’s Blueberry muffin	
1pm	At desk	1 palm chicken, ½ cup rice and beans, 1 cup broccoli	Was very hungry

Visual Portion Guide

<p>Woman's fist</p> 	<p>1 cup</p>	<p>Cereal Rice Pasta Chopped vegetables Fruit</p>
<p>½ fist</p> 	<p>½ cup = 4 oz</p>	<p>Mashed potato Rice Pasta</p>
<p>Palm</p> 	<p>3 oz</p>	<p>Meat Fish Poultry</p>
<p>Handful</p> 	<p>1 oz</p>	<p>Nuts Raisins Small candies</p>
<p>2 Handfuls</p> 	<p>1 oz</p>	<p>Chips Pretzels</p>
<p>Thumb</p> 	<p>1 oz</p>	<p>Peanut butter Hard cheese</p>
<p>Thumb tip or Small postage stamp</p> 	<p>1 tsp*</p>	<p>Cooking Oil, Butter, Sugar, Mayonnaise, Margarine</p> <p>*1 tbsp = 3tsp</p>
<p>Compact disk</p> 	<p>1 oz or 28 g</p>	<p>Pancake Bread</p>

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