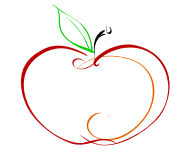


## INSTRUCTIONS FOR KEEPING YOUR THREE DAY FOOD RECORD

1. Record EVERYTHING that you eat and drink for three days; 2 week days and 1 weekend day is best.
2. For accuracy, it is best to record each meal or snack immediately after it is eaten. It is most important to record the food accurately, regardless of when it was eaten. Be sure to include drinks (water, coffee, tea, soda, etc.)
3. Record BRAND NAMES, if known.
4. If eating out, record foods eaten as accurately as possible, including the NAME OF The ESTABLISHMENT and the SPECIFIC FOOD ITEM ORDERED.
5. Always specify METHOD OF PREPARATION. Examples include: baked, broiled, fried, breaded, sautéed, etc.
6. Describe all foods as fully as possible. For example: 3 oz. baked chicken thigh, no skin.
7. List ALL INGREDIENTS for sandwiches, casseroles, and other mixed dishes. Example: Peanut butter sandwich – 2 pieces whole wheat bread, 1 ½ Tbsp. creamy peanut butter.
8. Record EXACT AMOUNTS when known. Specify weight or volume or dimensions in inches. Use household measuring cups or spoons to estimate portions.
9. Include all ADDITIONS to food at the table, such as salt, sugar, or milk. Record each addition on a separate line.
10. Record all DIETARY SUPPLEMENTS (vitamins, etc.)



The  
**Indiana Heart Hospital**  
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### 3-Day Food Record

*Healthy Hearts Center*

NAME: Example

DATE: \_\_\_\_\_

Meal	Time	Place	Food	Preparation	Serving Size
<b>B</b> <i>Breakfast</i>		<b>H</b> <i>Home</i>	<i>Be very specific, include name brands</i>	<ul style="list-style-type: none"> <li>• <i>How did you cook it</i></li> <li>• <i>What did you add to it</i></li> </ul>	
<b>L</b> <i>Lunch</i>		<b>R</b> <i>Restaurant</i>			
<b>D</b> <i>Dinner</i>		<b>O</b> <i>Other</i>			
<b>S</b> <i>Snack</i>					

B	8am	H	Cheerios		1.5 cups
			Skim Milk		1 cup
L	12pm	H	Chicken Breast, skinless	Grilled (with Mrs. Dash)	1 Medium Breast (4 oz)
			Green Leaf Lettuce	Salad	2 cups
			Cherry Tomatoes	In Salad	4
			Cucumber	In Salad	½ cup
			Italian Dressing, Kraft Light Done Right	In Salad	2 Tbsp.
			Pineapple	Canned, in juice	1 cup
S	3pm	H	Blueberry Yogurt, Yoplait Light		6 oz container
D	6pm	H	Orange Roughy	Baked	1 filet (5 oz)
			Sweet Potato	Baked	1 Medium
			Margarine, Promise	On Sweet Potato	1 tsp.
			Broccoli, Frozen	Steamed	1 cup
			Strawberries	Fresh	1 cup
S	7pm	H	Almonds, unsalted	Unsalted	10 whole











