

Name: _____

Date Range: _____

Nutrition - 3-Day Food Diary

Record information as soon as possible after the food has been consumed. Please include all beverages, even water. Please be as accurate and specific as possible.

Day 1	Day 2	Day 3
Breakfast	Breakfast	Breakfast
Snack	Snack	Snack
Lunch	Lunch	Lunch
Snack	Snack	Snack
Dinner	Dinner	Dinner
Snack	Snack	Snack