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## **Instructions for Three Day Food Diary**

When you record the foods eaten, please remember these things:

1. Write down everything you eat or drink.
2. Tell how the food was cooked. If you eat a raw food, write “raw” after it.
3. When you eat 2 foods together, write down both of them, like this:

1 roll with 1 teaspoon of jelly  
1 cup of coffee with 1 teaspoon sugar and 1 tablespoon of cream  
1 potato, medium, baked, 1 pat margarine

4. Write down how much you eat of each food. Tell how many teaspoons or tablespoons you eat, or how many  $\frac{1}{2}$  or full cups you eat. Estimate the size of meats, in ounces, for example:

1 chicken leg plus 1 chicken thigh = 3 oz  
1 small chicken breast = 3 oz  
1 average pork chop = 4 oz  
 $\frac{1}{4}$  cup of ground meat = 1 oz

5. Be sure to write the kind of food you eat. If you eat cereal, be sure to write the kind of cereal, such as cornflakes, farina, oatmeal, etc. Be sure to tell the kind if you eat any of these foods: bread, meat, beans, peas, potatoes, soups, salads, sandwiches.
6. Please be honest in your record. We are not evaluating or “grading” these records—just analyzing them for food nutrients.

After you finish your record, see if you have done these things:

1. Did you write down everything that you ate or drank?
2. Did you write down how much you ate or drank?
3. Did you write down how the food was prepared?

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## **Three Day Food Diary**

	<b><u>Time</u></b>	<b><u>Amount</u></b>	<b><u>Item</u></b>
<b><u>Weekday 1</u></b>			
<b><u>Weekday 2</u></b>			
<b><u>Weekend Day</u></b>			

**Please print and complete this document. Remember to bring it with you to your first appointment.**