



3-DAY FOOD DIARY

Please complete this 3-Day Food Diary for *three consecutive days* with one day being a weekend day.

- Record information as soon as possible after the food has been consumed.
- Do not change your eating behavior during this time. The purpose of this food record is to analyze your *present* eating habits.
- Describe the food or beverage consumed. For example, if you had a glass of milk, what kind was it? Whole milk? 2%? Skim? Or if you had toast, was it whole wheat, white, or buttered? And if you ate chicken, make sure to record if it was fried, baked, breaded, etc.
- Record the amount of each food consumed using standard measurements as much as possible, such as 8 ounces, ½ cup, 1 teaspoon, etc. But please do not obsess over this point. Your measurements need not be scientifically accurate; I just ask that you estimate using these standard measurements as best you can.
- Please record all beverages, including water.
- Please record all bowel movements and their consistency (regular, loose, firm, watery, etc.).



FOOD DIARY - DAY 1

Name _____

Date _____

<i>Time</i>	<i>Food/Beverage</i>	<i>Amount</i>

BOWEL MOVEMENTS

NOTES

<i>Time</i>	<i>Consistency</i>



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FOOD DIARY - DAY 2

Name _____

Date _____

<i>Time</i>	<i>Food/Beverage</i>	<i>Amount</i>

BOWEL MOVEMENTS

<i>Time</i>	<i>Consistency</i>

NOTES

FOOD DIARY - DAY 3

Name _____

Date _____

<i>Time</i>	<i>Food/Beverage</i>	<i>Amount</i>

BOWEL MOVEMENTS

NOTES

<i>Time</i>	<i>Consistency</i>
