

# NutriAdmin

## 3 Day Food Diary

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### Record your Intake

#### Getting Started

1. Record items as you eat or as soon as you're done, not from memory later. This ensures accuracy.
2. Use measuring cups, spoons, and food scales when possible for precise portions of each item.

#### Describing Food Details

- List out all individual items and ingredients in meals, snacks, or recipes.
- Note how items were cooked or prepared (grilled, fried, baked, etc.)
- Include any added sauces, gravies, dressings, oils or toppings.
- Specify quantities like 1 cup cooked rice or 4 oz grilled chicken breast.
- Estimate portions for foods without labels using the guide below.
- Beverages count! Log milk, juice, coffee drinks, etc. including amounts.

#### Additional Details

- Rate your hunger and fullness levels on a 1-5 scale before/after eating.
- Make notes about your location, like home, work, restaurant, etc.
- Mention any activities like working, watching TV, driving, etc.
- Reflect on your mood, emotions, cravings or food triggers in the notes.

#### Be Honest and Accurate

The more details you provide, the better your practitioner can analyze your diary and make recommendations. There's no need to justify meals - just log truthfully.

Let your practitioner know if you have any other questions! They're here to support you, not judge you.

## Portion Size Estimates



deck of cards or the palm of the hand  
about 3 ounce-equivalents  
fish, chicken, beef, and other meats



tennis ball or small, scooped handful  
measures about 1/2 cup  
equal to 1-ounce pasta, rice, and oatmeal



baseball or an average-sized fist  
measures about 1 cup  
vegetables and fruits



size of the thumb  
about 1 tablespoon  
peanut butter or other nut spreads

\*Based on [eatright.org](http://eatright.org) - Serving Size vs Portion Size: Is There a Difference?

Date

Day  Month  Year

DAY 1

	FOOD AND DRINKS CONSUMED	TIME	NOTES
Breakfast			
Mid-Morning Snacks			

	FOOD AND DRINKS CONSUMED	TIME	NOTES
Lunch			
Mid-Afternoon Snacks			
Dinner			

Date

DAY 2

	FOOD AND DRINKS CONSUMED	TIME	NOTES
<b>Breakfast</b>			
<b>Mid-Morning Snacks</b>			
<b>Lunch</b>			
<b>Mid-Afternoon Snacks</b>			
<b>Dinner</b>			

Date

Day ▾

Month ▾

Year ▾

**DAY 3**

	<b>FOOD AND DRINKS CONSUMED</b>	<b>TIME</b>	<b>NOTES</b>
<b>Breakfast</b>			
<b>Mid-Morning Snacks</b>			
<b>Lunch</b>			
<b>Mid-Afternoon Snacks</b>			

	<b>FOOD AND DRINKS CONSUMED</b>	<b>TIME</b>	<b>NOTES</b>
<b>Dinner</b>			