NutriAdmin

3 Day Food Diary

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.

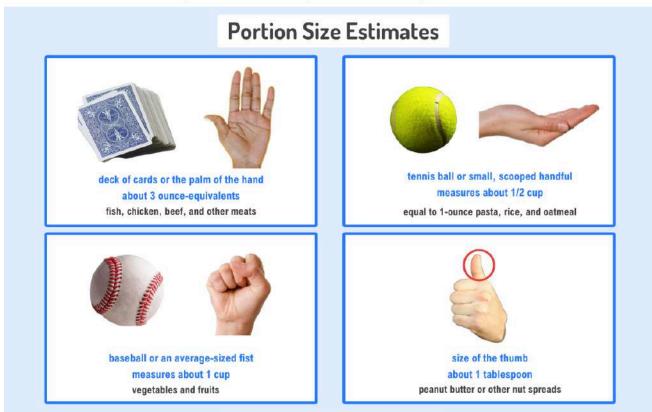
Be Honest and Accurate

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.

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https://nutriadmin.com/blog/24-hour-diet-recall-questionnaire/



*Based on eatright.org . Serving Size vs Portion Size: Is There a Difference?

Date

Day 🗸	Month	~	Year	~
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DAY 1

	FOOD AND DRINKS CONSUMED	TIME	NOTES	
Breakfast				
				11
Mid-Morning Snacks				
		11	1.	1.

	FOOD AND DRINKS CONSUMED	TIME	NOTES
Lunch		1	
Mid-Afternoon Snacks			
Dinner		<i></i>	

Date



DAY 2

	FOOD AND DRINKS CONSUMED	TIME	NOTES
Breakfast			
Mid-Morning Snacks			1.
Lunch			
Mid-Afternoon Snacks			[;
Dinner			

Day 🗸	Month	~	Year	~
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DAY 3

	FOOD AND DRINKS CONSUMED	TIME	NOTES
Breakfast			
	11		
Mid-Morning Snacks		1.	1.
Lunch			
	1	1.	
Mid-Afternoon Snacks	1.		1.

	FOOD AND DRINKS CONSUMED	TIME	NOTES
Dinner			
		11	1.