Three Day Dietary Record - Please Bring with you to your Appointment

The purpose of this document is to get a clear picture of what you eat. This is not a test, and there are no 'right' answers. Please write down EVERYTHING which you eat and drink <u>including snacks</u>, fast food, drinks (eg Latte), chips. **On the second page please also write the names of your current medications.**

While quantities are optional, please be clear about the particulars of what you are eating - see the example below. A good guide would be that it should be specific enough that the reader could buy it in a supermarket or order it in a restaurant:

Too Vague	Correct	
Breakfast cereal	Corn flakes with 2% milk	
Sandwich	White bread sandwich with ham, lettuce, butter	
Burger & fries	Big Mac, large fries, diet coke (McDonalds)	
Meat & potato	Pork chop & teriyaki sauce, corn, mashed potato	

Please report below everything which you have eaten **for three days**. If you have the same meal (eg breakfast) each day, you don't need to repeat it. If the meal is at a restaurant please make that clear (eg write 'out' after the food item).

<u>Breakfast</u>	Lunch & Snacks	<u>Dinner / Snacks</u>
Day 1:		
Day 2:		
Day 3:		

Please write down the names / doses / frequency taken of your medications (or bring the bottles to clinic with you):

<u>Names/doses of Your</u> <u>Medications</u>	

To learn more about a healthy diet please visit **foodasprevention.com** and see the DVD 'Forks Over Knives' (in public library, on Netflix + iTunes, can be viewed directly on the web).