

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 **including snacks**, 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:

<u>Too Vague</u>	<u>Correct</u>
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>	<u>Lunch & Snacks</u>	<u>Dinner / Snacks</u>
Day 1:		
Day 2:		
Day 3:		

