

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	DRINKS
DAY 1						
DAY 2						
DAY 3						

3 day Food Diary Instructions

- Please try and record “typical days”
- Try to include at least one day on the weekend and 2 weekdays
- Write down all food as soon as possible to when you eat them- research shows we typically only recall 50-60% of our intake at the end of the day
- Take pictures of your food as an aide memoire
- Try to include portion sizes by relating them to standard objects of measure- eg. Golf ball, tennis ball, deck of cards size of meat portion etc