

THREE DAY FOOD DIARY

Record three typical days of food intake. (Eg. Two weekdays and a weekend day).

Include: approximate quantities (eg tablespoons, cups or grams and specify if these are pre or post-cooking)
 cooking methods (eg. steamed, baked, fried (in oil?))
 additives (sugar, salt, margarine, sauces etc)

	DAY 1	DAY 2	DAY 3
Breakfast			
Morning snack			
Lunch			
Afternoon snack			
Dinner			
Supper			
Drinks			
Exercise activity type and approx. time			