

## 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)

Date/day:			
Breakfast			
Morning snack			
Lunch			
Afternoon snack			
Dinner			
Supper			
Drinks			
Exercise activity type and approx. time			