

3 Day Food Diary

Name: _____

Date: _____

Please record everything you eat and drink over 3 days. Try to be as descriptive as possible i.e. type of bread or milk, use of spreads/dressings, quantity/serve size etc.

	Weekday	Weekday	Weekend
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			
Fluid E.g. water, tea, coffee, juice, milk etc			
Alcohol			

Notes:
