

## 3-Day Food Record



Please keep a detailed record of your food intake for three consecutive days. Do not change anything about your eating habits. It is really important for us to understand your current eating habits in order to establish a thorough understanding of what has brought you to the nutrition counseling session and to create the best meal plan tailored towards your goals and needs.

Please make sure to include sauces and dressings with your meals. If you eat oatmeal, describe how it was prepared. For example: Dry oatmeal, 1 cup with Skim milk, 2 cups + Banana, 1 medium.

In the feelings section, please record if you were starving, hungry, happy, angry, bored, confused, etc.

Please bring the completed 3-day food record to your first visit. We look forward to meeting you soon!



