



3 Day Dietary Intake Recall Form

Instructions for recording your intake:

- ◆ Please record everything, even bites, sips, etc.
- ◆ Include WATER.
- ◆ Be specific regarding serving sizes and portions.

Example: If you eat a large bowl of cereal with milk, please record as: 3 cups of Wheaties with 1 cup of 2% milk.

- ◆ Include the brand name of the food, if pre-prepared (i.e. frozen dinner).
- ◆ Don't forget foods such as condiments. Remember, just one tablespoon of regular mayonnaise can deliver about 100 calories, and those calories do count.
- ◆ Take this form with you throughout the day to help you give the most accurate recall.
- ◆ Preferably, provide 2 weekdays and 1 weekend day.
- ◆ PLEASE BRING THIS FORM IN TO YOUR NEXT APPOINTMENT.

Day 1

Mealtime	Food Eaten	Quantity
Breakfast Time:		
Morning Snack Time:		
Lunch Time:		
Afternoon Snack Time:		
Dinner Time:		
Evening Snack Time:		

Day 2

Mealtime	Food Eaten	Quantity
Breakfast Time:		
Morning Snack Time:		
Lunch Time:		
Afternoon Snack Time:		
Dinner Time:		
Evening Snack Time:		

Day 3

Mealtime	Food Eaten	Quantity
Breakfast Time:		
Morning Snack Time:		
Lunch Time:		
Afternoon Snack Time:		
Dinner Time:		
Evening Snack Time:		