

3 Day Food Diary



West Coast Dietitians

Name:

Use the below table to record what you eat and drink throughout the day. Include the amounts where possible e.g. 2 slices toast, 1 apple, 1 small tub yoghurt.

| | Day 1 | Day 2 | Day 3 |
|------------------|--------------|--------------|--------------|
| Breakfast | | | |
| Lunch | | | |
| Dinner | | | |
| Snacks | | | |
| Fluids | | | |