

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 (ie. 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.
- ◆ **PLEASE TURN IN THIS COMPLETED FORM AT LEAST ONE DAY PRIOR TO YOUR APPOINTMENT.**

Day: _____

Breakfast

**Morning
Snack**

Lunch

**Afternoon
Snack**

Dinner

**Evening
Snack**

Day: _____

Breakfast

**Morning
Snack**

Lunch

**Afternoon
Snack**

Dinner

**Evening
Snack**

Day: _____

Breakfast

**Morning
Snack**

Lunch

**Afternoon
Snack**

Dinner

**Evening
Snack**
