



3 Day Food Diary

Please keep a detailed record for 3 days or provide an idea of your recent food intake to the best of your ability before your Dietitian consult. Be sure to include types (i.e. white/wholemeal/full fat/low fat), amounts (grams/cup measures/slices) of all food and drink (including alcohol) eaten and additions (i.e. spread/sauces/dressing) to help our Dietitian provide you with the best support.

	Weekday 1	Weekday 2	Weekend Day
Breakfast			
Morning Snack Time			
Lunch			
Afternoon Snack Time			
Dinner			
After Dinner Snack Time			
Comments /Notes			