Food and Fluid Intake

Please record everything you eat and drink for 3 days. Be as specific as possible with descriptions of item and amounts. If calorie information is on a product label or on a recipe, please write it down. Write the information down soon after eating for the best accuracy. Carry your log with you. Brand names, measurements e.g. ½ cup, ounces, etc are important descriptors as are chicken breast, boneless, skinless. This information will be the baseline of your nutritional intake and will influence the direction we take toward achieving your health-promotion goals. Including weekdays and a weekend day is helpful. Please email/fax it ahead of time.

Name_____ Day:_____ Date:_____

Time	Item Consumed	Amount/Measure	Comment (calories, if available)

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