

3-Day Diet Diary

(Adapted from © Institute for Functional Medicine)

Instructions for Completing the Diet Diary

It is important to keep an accurate record of your usual food and beverage intake as a part of this study. Please complete this 3-Day Diet Diary for 3 consecutive days with one day being a weekend day.

- Record information as soon as possible after the food has been consumed.
- Do not change your eating behavior at this time unless your doctor advises you to. The purpose of this food record is to analyze your present eating habits.
- Describe the food or beverage consumed. e.g., milk - what kind? (whole, 2%, or nonfat); toast - (whole wheat, white, buttered); chicken - (fried, baked, breaded), etc.
- Record the amount of each food consumed (on left side of page) using standard measurements as much as possible, such as 8 ounces, 1/2 cup, 1 teaspoon, etc.
- Include any added items. For example: tea with 1 teaspoon sugar, potato with 2 teaspoons butter, etc.
- Please record all beverages, including water. List them in the "Beverage" category (on right side of page).
- Please record all bowel movements and their consistency (regular, loose, firm, etc.).

