The Portland Clinic

Food and Beverage Log for *3 Days*

To get the most from your appointment with the dietitian please record what you eat and drink for 3 *typical* days on the attached form. These should not be "perfect" days or how you think you should eat but rather an accurate record of your actual food and beverage intake.

1. Use 1 page for each day and 1 food on each line.

2. In the 1st column note the time that you eat or drink a meal or snack or beverage.

Date_____

Place food prepared:

(H) at home

(A) away

Type of Day, please check:

work/school day_____

non-work or school day_____

Time	H/A	Food Eaten	Amount	Comments

Date_____

Place food prepared:
(H) at home
(A) away

Type of Day, please check:
work/school day_____
non-work or school day_____

Time	H/A	Food Eaten	Amount	Comments

Date_____

Place food prepared:
(H) at home
(A) away

Type of Day, please check:
work/school day_____
non-work or school day_____

Time	H/A	Food Eaten	Amount	Comments