INSTRUCTIONS

It is important that this record be both accurate and representative of your normal dietary intake.

Thus it is essential that you do not alter your normal eating habits in any way and that you record as

precisely as possible every single item that you consume (this includes water, vitamins, condiments,

etc.). To do so, you must follow a few simple instructions (listed below). The purpose here is to

correctly record and quantify your normal intake, not to judge it. If you change your eating habits in

any way, then we cannot accurately analyze your typical diet. The procedure may seem somewhat

cumbersome, but remember, it is only three days.

Keep a pen and paper with you at all times to record your intake including food item, quantity, and notes. This is imperative as snacks are typically consumed unpredictably and, as a result, it is impossible to record them accurately unless your recording forms are nearby. Record three days that are representative of your normal intake. Therefore if your weekdays are different from your weekends, pick two weekdays and one weekend. Likewise, if your M, W, and F are different from your T and Th and all these days are different from your Sat and Sun, you should pick one day to represent each unique schedule

 **Sample**

|  |  |  |  |
| --- | --- | --- | --- |
|   | **Time** | **What did I eat?** | **How did I feel?** |
| Meal #1 | 10 am  | 2 large doughnuts and a coffee | Slugish  |
| Meal #2 | 1 pm  | Burger with Biggie fries from Wendy’s (ketchup, onions lettuce tomatoes) | Tired |
| Meal #3 | 3 pm  | Chocolate covered almonds | energetic |
| Meal #4 | 6:30 pm  | 1 lrg chicken breast, 10 spears asparagus, mashed potatoes (1cup) 1 diet coke 550 mL,  | headache |
| Meal #5 | 8 pm  | Ben and Jerry’s Chunky Monkey ice cream. 2 cups  | Couldn’t sleep, gassy  |
| Meal #6 (optional) |  |  |  |

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| Meal #1 |  |  |  |
| Meal #2 |  |  |  |
| Meal #3 |  |  |  |
| Meal #4 |  |  |  |
| Meal #5 |  |  |  |
| Meal #6 (optional) |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
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| Meal #3 |  |  |  |
| Meal #4 |  |  |  |
| Meal #5 |  |  |  |
| Meal #6 (optional) |  |  |  |

|  |  |  |  |
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| Meal #3 |  |  |  |
| Meal #4 |  |  |  |
| Meal #5 |  |  |  |
| Meal #6 (optional) |  |  |  |