



# Nourishing Wellness

Good health is a choice you can make today!

## 3-Day Diet Diary

It's important to keep an accurate record of your usual food and beverage intake as part of your assessment. Please complete this Diet Diary for 3 consecutive days including one weekend day if possible.

- Do not change your eating behavior at this time, as the purpose of this food record is to analyze your present eating habits.
- For accuracy it's best to record information as soon as possible after the food has been eaten.
- Describe food the food or beverage as accurately as possible e.g., chicken (baked), vegetable soup (tomato, kale, garlic, onion - all organic), milk (whole), coffee (decaffeinated with sugar and half & half).
- Record the amount of each food or beverage consumed using standard measurements such as 8 ounces, 1/2 cup, 1 teaspoon, etc.
- Record all beverages including water, tea, coffee, soda, sports drinks etc with approximate amounts e.g., 8 oz filtered water, 1 cup whole milk, 2 cups decaffeinated coffee with 1 teaspoon sugar, and 1 tablespoon half & half.
- Include any additional comments about your day e.g. craved sweets, meal was at a restaurant, skipped a meal and why.
- Bathroom habits: Please note all bowel movements and their quality (regular, loose, hard, etc), as well as how frequently you urinate.
- Also note your energy and mood levels.
- Record your daily activities.

**Day 1** Date: \_\_\_\_\_

[illegible]

Other comments:

**Day 2** Date: \_\_\_\_\_

[illegible]

Other comments:

**Day 3** Date: \_\_\_\_\_

[illegible]

Other comments: