

Food Record Sheet

Before visiting the registered dietitian (RD), write down everything you eat and drink for 3 days. Choose 2 weekdays and 1 weekend day.

<u>Date/Time</u>	<u>Place</u> Where did you eat?	<u>Food and Drink</u> Be specific. Instead of "chicken," tell which piece and how it was cooked.	<u>Amount</u> For example: 12- ounce can, 1 slice, 1 cup	<u>Comments</u> Write things you think will help the RD understand how you eat and why.