

# Nutrition Evaluation

**Name \***

**Email \***

**Date \***



First Name

Last Name

example@example.com

Month

Day

Year

Record three days that are representative of your normal intake. Therefore, if your weekdays are different from your weekends, pick two week days and one weekend day. Likewise, if your M, W, and F are different from Tu and Th and all these days are different from your Sat and Sun, you should pick one day to represent each unique schedule.

Keep a pen and paper with you at all times to record your intake including food items, 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.

Use a small food scale if you have one, or use standard measuring devices (e.g., measuring cups, measuring spoons) to record the quantities consumed as accurately as possible. If you do not eat all of the items (for instance a portion of an apparently delicious hastily prepared casserole of leftovers that turned out to be not so delicious), re-measure what's left and record the difference.

Record combination foods separately (e.g., hot dog, bun, and condiments) and include brand names of food items (list contents of homemade items) whenever possible. For packaged items, use labels to determine quantities.

## Example:

### DIETARY RECORD - DAY 1

Time	Item (including brand names)	Quantity (g, mL, Tbsp, etc.)
8 am	eggs, scrambled	2
	butter	1 tsp
	spinach	1 cup
12pm	canned tuna	1 can
	mixed greens	3 cups
	cucumber	½ cup
	cherry tomatoes	½ cup
	olive oil	1 Tbsp
	balsamic vinegar	1 Tbsp
	6pm	chicken
baked white potato		6 oz
mixed vegetables		1 cup
coconut oil		1 tsp

# DIETARY RECORD - DAY 1

Date (Day 1) \*



Month Day Year

## DIETARY RECORD - DAY 1

Time

Item (including brand names)

Quantity (g, mL, Tbsp, etc.)

## DIETARY RECORD - DAY 2

Date (Day 2) \*



Month Day Year

## DIETARY RECORD - DAY 2

Time

Item (including brand names)

Quantity (g, mL, Tbsp, etc.)

## DIETARY RECORD - DAY 3

Date (Day 3) \*



Month Day Year

## DIETARY RECORD - DAY 3

Time

Item (including brand names)

Quantity (g, mL, Tbsp, etc.)