|  |
| --- |
| **NUTRITION – 3 DAY FOOD DIARY** |
| Record information as soon as possible after the food has been consumed. Please include all beverages, even water. |
| **Day 1** | **Day 2** | **Day 3** |
| Breakfast | Breakfast | Breakfast |
| Snack | Snack | Snack |
| Lunch | Lunch | Lunch |
| Snack | Snack | Snack |
| Dinner | Dinner | Dinner |
| Snack | Snack | Snack |

 ****