

Roswell Nutrition

Where your health and wellness matters

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Three Day Food Journal

Instructions:

- Write down everything you eat for the next three days.
- This includes all food, beverages, vitamins & minerals, and supplements. Include the brand name, and as much detail as possible.
- Also include how much and time of day.
- Refer to chart below for portion sizes.

Example:

6 AM	1 cup of Multi- Grain Cheerios with 1 cup of 1% milk 1 medium banana, 2 cans sprite
10 AM	1oz bag Cheetos, small green apple, 3 cups water
Noon	2 oz Ham and 1 slice cheddar cheese sandwich with 2 slices white bread , 1 tsp regular mayonnaise, 1 tsp mustard, 1 cup raw carrots
3 PM	½ cup Trail mix (cashews, chex mix, chocolate chips)
7 PM	½ cup Spaghetti sauce (meat and tomato), 1 cup whole wheat pasta, 5 stems grilled asparagus, 3 cups OJ

Use these "handy" guides for easy measuring:



Fist
(1 cup)



Palm
(3 ounces)



Thumb
(1 ounce)



Thumb Tip
(1 tsp.)



Handful
(1-2 ounces)

1 Cup =		Baseball
¾ Cup =		Tennis Ball
½ Cup =		Computer Mouse
¼ Cup =		Egg
3 Oz. =		Deck of Cards
2 Teaspoons =		Ping-Pong Ball