Before visiting the dietitian, write down everything you eat and drink for three days. Choose two weekdays and one weekend day.

Date/ Time	Place	Food or Drink	Amount	Comments
	Where did you eat?	Be specific. Instead of "chicken" tell which pieces and how it was cooked.	12-oz. can, 1 slice, 1 cup, etc.	Write things that you think may help the dietitian understand how you eat and why.

American Dietetic Association

This handout may be duplicated for client education.