

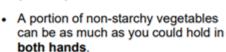
Instructions for Your 3-Day Food Record

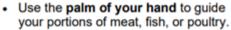
- 1. Record everything you eat and drink for 3 days—include 2 weekdays (or workdays) and 1 weekend (or non-work) day.
- 2. Write down each meal and snack after eating.
- 3. Include all drinks (water, coffee, tea, juice, soft drinks, etc.).
- 4. Note brand names when known.
- 5. When eating out, list the restaurant and menu item you ordered.
- 6. Describe how foods are prepared (baked, fried, grilled, etc.).
- 7. Estimate portion sizes as accurately as possible—use the guide below to help.

Portion sizes

Choosing healthy portions of food can help you manage your diabetes. Below is a handy guide to help you choose portion sizes.

 Use your fist to guide your portions of grains, starchy vegetables, and fruit. A portion is often ½ cup (125 mL) to 1 cup (250 mL).





 A portion of milk is 1 cup (250 mL). A portion of plain or no sugar-added yogurt is ³/₄ cup (175 mL).



8. Record all dietary supplements (e.g., vitamins, minerals, fibre supplements), including brand names and amounts.

Supplement	Amount	Dose schedule
Example: Vitamin D	1000 IU	One tablet at Breakfast

3- DAY FOOD INTAKE RECORD

Time	Day 1:	Day 2:	Day 3:
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