



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 $\frac{1}{2}$ cup (125 mL) to 1 cup (250 mL).
- A portion of non-starchy vegetables can be as much as you could hold in **both hands**.
- Use the **palm of your hand** to guide your portions of meat, fish, or poultry.
- A portion of milk is 1 cup (250 mL). A portion of plain or no sugar-added yogurt is $\frac{3}{4}$ 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: