

How to Complete a 3 Day Food Log

✓ **What is a Food Log?**

A food log is a log of everything you eat and drink in a day.

✓ **Don't change your eating habits**

Try not to adjust what or when you are eating as you complete your log.

To better understand what your current diet looks like, we need to be able to see what you are really eating.

✓ **"I don't eat 3 meals/day."**

If you did not eat anything for a meal or snack, leave it blank or write "normally do not eat lunch." This helps us understand what your typical day looks like with food intake.

✓ **Use a different sheet for each day.**

Use the following pages to record what you are eating at each meal each day.

✓ **Describe the foods**

Make sure to describe the types of foods you are eating. Is it flavored or does it have toppings? Try to include as much detail on the food items as possible. Examples of food that would need more details would include sandwiches, pizza, salads, etc.

✓ **Estimate the serving/portion sizes**

Use the best of your ability to describe how much is on your plate and how much you've consumed. An easy tool to estimating these is your hand! Please see the portion size guide for more information.

✓ **Record the time**

Record the time that each meal or snack is consumed.

✓ **Don't forget to include the beverages**

Make sure to write down all food and beverages items that are consumed. This includes the no calorie (water or unsweetened), sugar-free, or alcoholic beverages.

✓ **Water Intake**

At the end of the day estimate water intake at the bottom of the log and circle your way of measurement (ml/ounces/cups). This would only include water intake, not other beverages such as juices, milk, or tea that you have already recorded with your meals and snacks.

✓ **Does this reflect intake on any typical day?**

Describe why at the bottom of the sheet if this day was not a typical day. It's important to recognize if other events/occasions are happening.

✓ **Bring it with you**

Make sure to bring the food log with you to your nutrition counseling session to provide more background to your every day diet.

✓ **Email if you have any Questions**

Feel free to email SIUEcommunitynutrition@outlook.com with any questions over the food log.



Name: _____ Day/Date: _____

Food Log – Day 1

Food & Beverage Description

Breakfast	Time of Day: _____ am/pm
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Lunch	Time of Day: _____ am/pm
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Dinner	Time of Day: _____ am/pm
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Snacks	Time of Day: _____ am/pm
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Estimated Daily Water intake = _____ ml/ounces/cups

Was this a typical day's intake? (Y/N. If not, please explain).



Name: _____ Day/Date: _____

Food Log – Day 2

Food & Beverage Description

Breakfast	Time of Day: _____ am/pm
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Lunch	Time of Day: _____ am/pm
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Dinner	Time of Day: _____ am/pm
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Snacks	Time of Day: _____ am/pm
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Estimated Daily Water intake = _____ ml/ounces/cups

Was this a typical day's intake? (Y/N. If not, please explain).



Name: _____ Day/Date: _____

Food Log – Day 3

Food & Beverage Description

Breakfast	Time of Day: _____ am/pm
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Lunch	Time of Day: _____ am/pm
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Dinner	Time of Day: _____ am/pm
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Snacks	Time of Day: _____ am/pm
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Estimated Daily Water intake = _____ ml/ounces/cups

Was this a typical day's intake? (Y/N. If not, please explain).

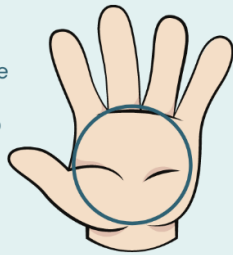


Estimate Portion Sizes Using Your Hand

This portion size guide can help you identify how much is on the plate without having to measure out your portions. For example, if what is on the plate looks as if it is double the size of a palm, then the serving size of 3 oz is doubled.

The Palm = 3 oz.

The palm of your hand can be used to estimate protein intake. 1 palm is equivalent to a 3 oz. serving of protein. Examples of what you could measure a 3 oz. serving include pork, poultry, beef, fish, and chicken.



Fist = 1 cup

A fist is a great way of measuring carbohydrates. You can use this tool when measuring the intake of rice, cereals, salads, fruits, or popcorn.



Tip of Thumb = 1 Tablespoon

The tip of a thumb is equivalent to a serving of 1 tablespoon. This tool is used when measuring fat intake such as mayonnaise, cheese, salad dressings, creams, and peanut butter.



A Cupped Hand = 1/2 cup

1 hand cupped is equivalent to a 1/2 cup serving. You can use this tool for measuring food items such as pastas, potatoes, nuts, and even ice cream.



The Thumb Nail - 1 Teaspoon

The nail of the thumb is about 1 teaspoon serving of oils or fats. This can be used to measure salad dressings, olive oil, or butter.



Other At Home Ways of Measuring:

There are many other resources you can use to measure aside from your hand or an actual measuring cup.



A deck of cards = 3 oz serving of protein



A softball = 2 cups



A baseball = 1 cup



A tennis ball = 1/2 cup



A golf ball = 2 tablespoons