

3 Day Food Diary

Please print the Food Diary on www.kasiakines.com and follow these instructions:

Instructions:

1. Do not change your eating behavior at this time as the purpose of this food record is to analyze your present eating habits.
2. Record information as soon as possible after the food has been consumed.
3. Describe the food or beverage as accurately as possible. For example: 1 glass milk (whole, 2% or skim); 2 toasts (whole wheat, white, buttered); 3 oz chicken (fried, baked, breaded); 8 fl oz coffee (decaf or regular, with or without sugar, with or without cream)
4. Record the amount of each food or beverage consumed using standard measurements such as 8 ounces, ½ Cup, 1 teaspoon, etc...
5. Include any added items. For example, tea with 1 tsp honey, potato with 2 tsp butter, etc...
6. Record all beverages including water, coffee, green tea, sports drinks, sodas, diet sodas, etc...
7. Include any additional comments about your eating habits on this form. (ex: craving sweet, skipped meal and why, when the meal was at a restaurant, emotions, etc...)
8. Please note all bowel movements and their consistency (regular, loose, firm, etc.)

