

# 3-Day Diet Record

- The dietary record forms should be filled out for 3 days. The diet recall for the days should be an **accurate representation of your normal eating habits**.
- Send the completed forms to us so we get them at least **7-days before your appointment**. Mailing them is preferable; however, if you need to **fax them please fill them out in pen not pencil**.
- Please be as thorough and detailed as possible when filling out the forms. **Include brand names, method of preparation and especially the amount of the food eaten or beverage consumed**.
- Be as **accurate as possible when recording portion sizes**. If possible, choose from the following terms – ounce, fluid ounce, cup, teaspoon, or item (e.g., as 1 apple). Please do not record the following – **BOWL OF CEREAL, PLATE OF PASTA or BOTTLE OF GATORADE.**
- Supplements**: Please also include a list of any vitamins, minerals or herbal supplements that you take.
- REMEMBER**: It takes time to process the diet records, so please be sure to get them to us **7 days before you appointment**.



**Attn: Kathleen Farrell, MS, RD**  
**Mapleton Center**  
**311 Mapleton Avenue**  
**Boulder, CO 80304**  
**Phone #: 303-441-2285**  
**Fax #: 303-544-5710**

**Name:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Height:** \_\_\_\_\_

**Weight:** \_\_\_\_\_

**% Body Fat:** \_\_\_\_\_

*Please feel free to add any additional information.*

**Physical Activity Assessment; (Please check one!)**

- If you are sedentary (little or no exercise)
- If you are lightly active (light exercise/sports 1-3 days/week)
- If you are moderately active (moderate exercise/sports 3-5 days/week)
- If you are very active (hard exercise/sports 6-7 days a week)
- If you are extra active (very hard exercise/sports & physical job or 2x training)

**Please describe your physical activity (PA) or training schedule.**

<b>PA</b>	<b>Frequency</b>	<b>Duration</b>	<b>Intensity (Low / Med / High)</b>

# Tips for Keeping Your Diet Record

Please fill out your food record for **3 days**.

2 Week Days (Training Days)

These 3 days should be an **accurate representation** of your **NORMAL** eating habits.

1 Weekend Day (Rest Day)

<u>Meal</u>	<u>Location</u> (Home, Restaurant, etc.)	<u>Description of Food &amp; Beverage</u> (Brand / Manufacture Name) <b>PLEASE BE SPECIFIC</b>	<u>Portion</u> (tsp., Tbsp., Cup, Ounces, Grams, etc.)
-------------	---	--	--

Please record the following:

1. Meal – Breakfast, Lunch, Dinner or Snack
2. Where you ate your meal – Home, Restaurant (**give the name of the restaurant**), Reception, etc.
3. Description of Food or Beverage (**Provide Brand or Manufacture Name**)
4. Portion Size
  - **LR's** - Smoked Honey Deli Turkey – 4 slices (50 grams)
  - **Uncle Ben's** - Whole Wheat Bread – 2 Slices (60 grams)
  - **Kraft** - Regular Mayonnaise – 4 Tbsp.
  - **Lay's** - Baked Sour Cream Potato Chips – 1 Bag (1.5 ounces)
  - **Minute Maid** – Orange Juice with Calcium & Vitamin D – 16 ounces



## FOOD LABELS

Please feel free to fax, email or send in any food labels 😊



## RECIPES

Again, **eat and cook as you normally would do during this 3 day period.**

If you make something from a recipe, please fax, email or send with your diet record.

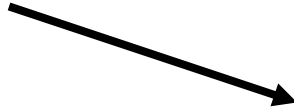


# Recipes

## Example



Include the # of **SERVINGS!**



### Chicken Tortilla Soup (8 Servings – 1 cup)

Provide **specifics** on each ingredient.



List all ingredients.  
Measure or weigh  
out each ingredient.



- 2 1/2 teaspoons **vegetable oil**
- 6 (**6 inch**) **corn tortillas**, cut into 1/2 inch strips
- 3 cups **chicken broth**
- 1/2 teaspoon **ground** cumin
- 1/2 teaspoon chili **powder**
- 1/2 teaspoon **dried** oregano
- 1 (15 ounce) **can** - black beans, rinsed and **drained**
- 1 (15 ounce) **can** - whole kernel corn, **drained**
- 2 (3 ounce) **skinless**, boneless **chicken breast** halves, cut into bite size pieces
- 1/2 cup **salsa**
- 1/2 cup chopped **fresh** cilantro

#### Example:

**Spectrum-** Canola Oil  
**Mission** – Corn Tortilla  
**Hains** - Chicken Broth  
**Bush's** – Black Beans  
**Green Giant** – Corn  
**Amy's** – Mild Salsa

## Supplements

Please list vitamins minerals, or herbal supplements your are taking. Take the time to provide the necessary specifics about your supplements. You may also provide a web site with the details about the supplements you are taking.

<b>Manufacture</b>	<b>Name of Supplement</b>	<b>Serving Size</b>	<b>Amt. Per Serving</b>	<b>Amt. You are Taking</b>
Walgreen	Calcium 600 + D	2 Tablets / Day	Calcium – 600 mg Vitamin D – 400 IU	2
Nordic*	Salmon Oil	2 Soft Gels/ Day	EPA – 360 DHA – 250 mg	4
Centrum	Multi-Vitamin Min.	1 Tablet / Day	Too Many to List	1

**Supplement  
Example**

\* **Nordic Naturals Web Site:** <http://www.nordicnaturals.com/>

## Supplements

Please list vitamins minerals, or herbal supplements your are taking. Take the time to provide the necessary specifics about your supplements. You may also provide a web site with the details about the supplements you are taking.

<b>Manufacture</b>	<b>Name of Supplement</b>	<b>Serving Size</b>	<b>Amt. Per Serving</b>	<b>Amt. You are Taking</b>

\* **Nordic Naturals Web Site:** <http://www.nordicnaturals.com/>

Name: \_\_\_\_\_ Date: \_\_\_\_\_

<u>Meal</u>	<u>Location</u> (Home, Restaurant, etc.)	<u>Description of Food &amp; Beverage</u> (Brand / Manufacture Name) <b>PLEASE BE SPECIFIC</b>	<u>Portion</u> (tsp., Tbsp., Cup, Ounces, Grams, etc.)
Breakfast	Home	<b>Oroweat</b> - Toasted Honey Whole Bread <b>Kraft</b> - Strawberry Jam <b>Earth Balance</b> - Whipped Spread <b>Regular</b> Coffee <b>Silk</b> - Hazelnut Creamer ( <b>Liquid</b> )	3 Slices (38 gr / slice) 3 Tbsp. 6 Tbsp. 16 Ounces ¼ cup
	Cycling	<b>PowerBar Harvest</b> Double Chocolate Lemon Lime <b>Gatorade</b>	1 Bar (2.3 oz) 12 ounces
Breakfast	Home	<b>Bread</b> <b>Jam</b> <b>Margarine</b> <b>Coffee</b> <b>Creamer</b>	3 slices Spoonful 1 Pat Tall 1
	Cycling	<b>PowerBar</b> <b>Sport Drink</b>	2 3 Bottle

Good Example

Poor Example

**Sample Portion Sizes:** ¼ cup golf ball; ½ cup tennis ball; 3 oz meat deck of cards; 3 oz fish checkbook; 1 oz match box;





