

Healthy Weight Management & Bariatric Surgery

3-Day Food Diary Instructions *(only required for non-surgical weight loss)*

Please record 3 days of your regular eating habits. Eat foods that you normally eat. Knowing your current eating habits is very important in determining areas to focus on for an individualized plan. In order to assist us in maximizing your results, we ask that you record the following:

- Meal:
 - Record whether the meal was breakfast (B), lunch (L), dinner (D) or a snack (S).
- Food Description:
 - Be as accurate and descriptive as possible in the food description, portion size and preparation.
 - Example:
 - 2 slices of whole wheat bread, 2 slices of turkey lunchmeat, 1 Tsp of reduced calorie mayonnaise, 1 medium apple, 12 oz. glass of water.
 - 3- oz. chicken grilled chicken breast, ½ cup of white rice, 1 cup of green beans
 - Do not record nonspecific foods or portions, such as “1 bowl of mac and cheese”
 - Include liquids and specify if they are “diet” drinks.
 - If you are not sure of the size of the portion, use a description such as “fist sized” or “size of my hand”.
- Location:
 - Record where you eat each meal and associated activity if appropriate.
 - Examples: Kitchen table, watching TV, at restaurant, at party, in car, at desk, etc.

Please return the food diary with you completed questionnaire.

Daily Food Diary

Day 1

Name: _____

Time	Meal (B,L,D,S)	Food Description (Amount)	Location

Daily Food Diary

Day 2

Name:

Time	Meal (B,L,D,S)	Food Description (Amount)	Location

Daily Food Diary

Day 3

Name:

Time	Meal (B,L,D,S)	Food Description (Amount)	Location