



RICHMOND OLYMPIC OVAL  
COMMUNITY LEGACY  
PROGRAM

# 3 Day Food Log

## 10 Tips for Success

1. Choose 2 weekdays and 1 weekend day. (Non-consecutive days are fine.)  
Record everything you eat and drink.
2. Try and record each food and beverage immediately so you don't forget the details.
3. Include all beverages such as water, coffee, tea, soda, alcohol, etc.
4. Record brand names or restaurants' specific food items as much as possible.
5. Specify how the food was cooked. E.g. baked, broiled, fried, steamed, sautéed, etc.
6. Record specific amounts: weight, volume, or dimension in inches.  
*Tip: Use household measuring cups/spoons to estimate portions or use common items like a deck of cards.*
7. Describe all foods as fully as possible. For example, 3oz baked chicken thigh (no skin).  
*(Note: 3oz is approximately the size of a deck of cards.)*
8. For sandwiches, casseroles, and other mixed dishes, list ingredients.  
*E.g. peanut butter sandwich: 2 pieces oat bran bread, 2 tbsp chunky peanut butter. Recipes not needed.*
9. Include all additions to food at the table such as salt, sugar, or milk.
10. Record all dietary supplements taken (i.e. vitamins, etc.); include brand name and amount.

***Thank you for your hard work and honesty.***



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

DATE			
TIME: <b>BREAKFAST</b>			
TIME: <b>SNACK</b>			
TIME: <b>LUNCH</b>			
TIME: <b>SNACK</b>			
TIME: <b>DINNER</b>			
TIME: <b>SNACK</b>			

*\*Please include the time of each meal/snack and the amount of each food consumed*

*\*Feel free to include any additional comments*