GOLDEN GATE
PEDIATRICS

3 Day Food Record

For patient or caregiver

Write down as accurately as possible what is eaten and how much is consumed each day.

Serving size guide

Here are some examples of one serving from each food group:

- **Grains:** One slice of bread or ½ cup (C) rice, pasta, or cooked cereal
- **Vegetable:** 1 C raw leafy greens or ½ C cooked vegetables
- **Fruit:** One apple or ½ C raw, canned, or cooked fruit
- **Dairy:** 1 C milk, 1½ ounces (oz) cheese, 1 C yogurt
- **Meat:** 2 to 3 oz cooked meat (about the size of a deck of cards), 1 egg, or ½ C beans
- **Fats:** 1 tsp oil, butter
- **Drinks:** 1 C (8 oz) water, milk, juice, soda, sports drinks, tea, coffee

Date	Time	What did you eat/drink?	How much? (list in cups, pieces, or slices)

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