

Patient's Name:

Date of Birth:

Risk Category: \_\_\_\_\_  
*Office Use Only*



The Monitor Dental  
Practice Program  
3-day food record



**INSTRUCTIONS FOR KEEPING YOUR THREE DAY FOOD RECORD**

1. Record EVERYTHING that you eat and drink for three days; 2 week days and 1 weekend day.
2. It is best to record each meal or snack immediately after it is eaten.
3. Each day is broken down into 3 meals and a snack section.  
(Be sure to include water, coffee, tea, and soft drinks).
4. If additional space is required for the same day, continue onto the back of the page, noting clearly that it is a continuation.
5. If eating out, record foods eaten as accurately as possible, including the SPECIFIC FOOD ITEM ORDERED.
6. Always specify METHOD OF PREPARATION.  
*Examples include: baked, broiled, fried, breaded, sautéed, etc.*
7. List ALL INGREDIENTS for sandwiches, casseroles, and other mixed dishes.  
*Example: Peanut butter sandwich – 2 pieces oat bran bread, 1½ Tbsp. peanut butter.*
8. Include all ADDITIONS to food at the table, such as salt, sugar, or milk.
9. Record all MEDICATIONS, including over-the-counter meds and DIETARY SUPPLEMENTS (e.g., vitamins, etc.) Record brand names and amounts.

<b>Day 1</b>	<b>Item eaten / drunk and approximate amount</b>
Pre-breakfast	
<b>BREAKFAST</b>	
Snacks	
<b>LUNCH</b>	
Snacks	
<b>DINNER</b>	
Snacks	

<b>Day 2</b>	<b>Item eaten / drunk and approximate amount</b>
Pre-breakfast	
<b>BREAKFAST</b>	
Snacks	
<b>LUNCH</b>	
Snacks	
<b>DINNER</b>	
Snacks	

<b>Day 3</b>	<b>Item eaten / drunk and approximate amount</b>
Pre-breakfast	
<b>BREAKFAST</b>	
Snacks	
<b>LUNCH</b>	
Snacks	
<b>DINNER</b>	
Snacks	