



HEALTH PROMOTION
AND WELLNESS
Illinois State University

STATE
your wellness.

Health Promotion and Wellness | 187 McCormick Hall | (309) 438-WELL | Wellness.IllinoisState.edu

72-Hour Food Diary

Name:

Age:

Height:

Weight:

It is important to fill out the three food diaries as accurately as possible for 72-hours (3 days), as a more detailed diary will allow for a more accurate nutritional analysis. It is best to record your meals, snacks, and drinks soon after consuming them as it can be easy to forget after a long day. Additionally, it is important to include amounts and serving sizes (e.g. a cup, tablespoon, handful, size of a deck of cards, ounces, etc.) as well as brand names and restaurant names – the more descriptive the better! If a dish contains many ingredients be sure to include all of the ingredients and an estimated amount of each consumed (e.g. chicken broccoli alfredo: 4 oz linguine, $\frac{3}{4}$ c alfredo sauce, $\frac{1}{2}$ c broccoli, 4 oz grilled chicken).

Please feel free to also write down other comments and descriptions of how you felt at the time you were eating, what you were doing, or who you were with. This can help the nutritionist to obtain a more complete picture of your overall diet.

On the back of this page you will find a sample food diary, but keep in mind that it is only an example and that your diary will look different.

Questions for the Nutritionist

If there are any specific questions that you may have prior to your nutrition consultation please feel free to list them here:

1.

2.

3.

4.



Example Food Diary – Day 1

Day 1 – Date: 08/02/2016

Time & Place	Food /Drink and Amount Consumed	Feelings & Activities During Meal
7:00 a.m. @ Home	1 piece of toast (white bread) with 1 T of grape jelly (Smucker's), 2 fried eggs cooked with non-stick spray, 1 cup of coffee with a spoonful of sugar and a splash of half and half	Woke up feeling very hungry, had a big breakfast; ate while watching the news
10:30 a.m. @ Class	1 Fiber One Oats and Chocolate granola bar + 2 Hershey's kisses + 16 oz water	Got hungry during class; ate during lecture
12:15 p.m. Lunch @ Wendy's	Wendy's Junior Bacon Cheeseburger, 1 medium fry, 1 large diet coke, 1 small frosty	Went out to eat with friends after class to catch up
3:30 p.m. Vending Machine @ Work	1- 1oz bag of Dorito's from the vending machine + 8 oz water	Stressed at work and needed a snack; ate at my desk
6:30 p.m. @ Home	Tacos – 3 crunchy taco shells, 1 cup of meat, 1 handful of cheddar cheese, 1 handful of lettuce, 2 T of light sour cream (Dean's), 1 cup refried beans (Old El Paso), and 1 cup Spanish rice (Uncle Ben's)	Extremely hungry, ate until stuffed. Dinner with roommates.
11:30 p.m. @Home	1 apple with 2 T Jiff crunchy peanut butter	Needed a late-night snack; watching Netflix

Please list all food and beverages consumed in one 24 hour time period.



Food Diary

Day 1 – Date: _____

Time & Place	Food/Drink & Amount Consumed	Feelings & Activities During Meal

1 drink counts as: 1.5 fl oz 80-proof liquor, 5 fl oz wine, 12 fl oz beer...1 glass of water is 8 oz.

Number of alcoholic beverages consumed today: _____

Number of glasses of water consumed today: _____

Please return along with Health Questionnaire to Jenni via campus mail to Campus Box 2120, fax to (309) 438-5003, or visit us in 187 McCormick Hall.



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Food Diary

Day 2 – Date: _____

Time/Place	Food/Drink & Amount Consumed	Feelings & Activities During Meal

1 drink counts as: 1.5 fl oz 80-proof liquor, 5 fl oz wine, 12 fl oz beer...1 glass of water is 8 oz.

Number of alcoholic beverages consumed today: _____

Number of glasses of water consumed today: _____

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Food Diary

Day 3 – Date: _____

Time/Place	Food/Drink & Amount Consumed	Feelings & Activities During Meal

1 drink counts as: 1.5 fl oz 80-proof liquor, 5 fl oz wine, 12 fl oz beer...1 glass of water is 8 oz.

Number of alcoholic beverages consumed today: _____

Number of glasses of water consumed today: _____

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