ADELAIDE HEALTH CLINIC

FOOD RECORD

Jean LaMantia, BASc, RD, CDE, CPT
416-367-5200

Please record everything you eat and drink for three days (2 weekdays and a Saturday or Sunday). Include amounts/ portion sizes and anything added to foods. (e.g. one slice toast with margarine and jam, 8oz coffee with one cream and two sugars). Feel free to bring in any labels. Also include exercise time, intensity and type.

Day 1: _____

Time	Food	Amount

Day 2: _____

Time	Food	Amount

Day 3: _____

Time	Food	Amount

Record label or bring in any: vitamins, minerals, medications, herbals, or other nutritional supplements.