HARMONIC, LLC.
NUTRITION & WELLNESS

Food Diary Instructions

- **Please use this form to record food and beverage intake for 3 days**. It should reflect typical eating pattern. If the diet varies during the week versus weekends, be sure to include at least one weekend day.
- Be as specific as possible with type and amount of each food/beverage Use common household measurements (cups, ounces, tablespoons, etc.). Remember to include meals, snacks and condiments.
- Include cooking method in the description (i.e. fried, broiled, baked, etc).

Name: _____Day of the Week:_____

Time of Day	Description of food or beverage	Serving Size/Amount	Location (Home, Restaurant, etc)

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