

3-Day Recall

Day 1 \_\_\_/\_\_\_/\_\_\_

Time	Type of Food	Amount	Observations
7:30 am	Corn flakes Milk- 2% Banana	3/4 cup 1/2 cup 1 medium	Still hungry

Typical day? \_\_\_Yes \_\_\_No

3-Day Recall

Day 2 \_\_\_/\_\_\_/\_\_\_

Time	Type of Food	Amount	Observations

Typical day? \_\_\_Yes \_\_\_No

3-Day Recall

Day 3 \_\_\_/\_\_\_/\_\_\_

Time	Type of Food	Amount	Observations

Typical day? \_\_\_Yes \_\_\_No