



LISA LARKIN • MD  
&  
ASSOCIATES

## Three-Day Food Diary

Please keep a food record for three consecutive days, two weekdays and one weekend day. Fill out as accurately as possible and please include:

- all food intake including brand names and amounts as able. Use approximates if unsure of exact amount (ex. handful, tennis ball, deck of cards)
- all beverages and any additives (i.e., tea with 1 tsp sugar)

DAY ONE

Ex. -1 cup of Cherrios with 1 cup of 1% milk and 1 small banana  
-1 cup of coffee with 1 tsp sugar and 2 TBSP half and half

DAY TWO

DAY THREE

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INTERNAL MEDICINE & WOMEN'S HEALTH

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