

# Three Day Food Log

This food log will be helpful in your appointment with your registered dietician. Please record a variety of days, including weekdays, workdays, weekends, etc., and make any relevant notes in the comments section. We recommend bringing this form and/or pictures of meals and snacks on your cell phone to your scheduled meeting.

Day of Week: \_\_\_\_\_ Date: \_\_\_\_\_

		Food	Drink	Total Carbs	Blood Sugar	Comments
DAY 1	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					



Day of Week: \_\_\_\_\_ Date: \_\_\_\_\_

		Food	Drink	Total Carbs	Blood Sugar	Comments
DAY 2	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					

Day of Week: \_\_\_\_\_ Date: \_\_\_\_\_

		Food	Drink	Total Carbs	Blood Sugar	Comments
DAY 3	Breakfast					
	Snack					
	Lunch					
	Snack					
	Dinner					
	Snack					