

SUNDEC: Sunnybrook Diabetes Education 3 Day Food Record

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Instructions for completing:

While keeping your food records eat as you normally do.

Write down everything you eat or drink (a handful of pretzels, a piece of candy all count).

Record it as you eat it, you may forget the little things.

Include measured portions (example: 2 cups cooked rice, 1 medium apple)

Include extras (example: margarine on toast, 1 tbsp oil used for cooking)

	Day 1	Day 2	Day 3
Breakfast			
Lunch			
Dinner			