



# 3-Day Food Diary

Write down the type of food, how it was prepared, and approximate serving size for 3 consecutive days. Include at least one weekend day. Use extra paper if you need more space. Record calcium and vitamin D supplements.

|   | Day 1 | Day 2 | Day 3 |
|---|-------|-------|-------|
| <b>Breakfast</b>                                      |       |       |       |
| <b>Lunch</b>  |       |       |       |
| <b>Dinner</b>   |       |       |       |
| <b>Snacks</b>   |       |       |       |
| <b>Supplements</b><br>Calcium (mg)<br>Vitamin D (mcg) |       |       |       |
| <b>Water (oz)</b>                                     |       |       |       |