## 3-Day Food Record

Name: _______________________________________________________________________________________________________________________
Date: _______________________________________________________________________________________________________________________

<table>
<thead>
<tr>
<th>Meal</th>
<th>Time</th>
<th>Place</th>
<th>Food</th>
<th>Preparation</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>B Breakfast</td>
<td>8:15 AM</td>
<td>H Home</td>
<td>Example: Quaker Instant Oatmeal - Cinnamon Raisin</td>
<td>Made with water</td>
<td>1 packet</td>
</tr>
</tbody>
</table>

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