

Name:

Date:

Three-Day Food Record

Instructions

Track your foods and beverages for three days in a row using SuperTracker's Food Tracker feature. Run a Food Groups & Calories Report for those three days, and use your report to answer the questions below.

- You can access Food Tracker here: <https://www.supertracker.usda.gov/foodtracker.aspx>
- You can access the Food Groups & Calories Report here:
<https://www.supertracker.usda.gov/FoodGroupCalorieReport.aspx>

1. Which food groups did you eat the right amount of (Status = OK)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

2. Which food groups did you not eat enough of (Status = Under)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

3. Choose one of the food groups that you did not eat enough of (Status = Under), and list three foods in that group that you like to eat and one food that have you never tried.

- I did not eat enough of the _____ food group

- Three foods I enjoy from this food group are:
-

- A food I have never tried before from this food group is:
-

4. Which food groups did you eat too much of (Status = Over)? Check all that apply:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein Foods

5. What was your average calorie intake for the three days? _____ calories

6. What was your average daily intake of added sugars intake for the three days? _____ calories

7. Of the foods and beverages you consumed over the three days, which three were the top contributors to your intake of added sugars? Click the plus sign icon next to “Added Sugars” to find the food sources you ate.

8. What was your average daily saturated fat intake for the three days? _____ calories

9. Of the foods and beverages you consumed over the three days, which three were the top contributors to your intake of saturated fat? Click the plus sign icon next to "Saturated Fat" to find the food sources you ate.

10. Are there any changes you would like to make to your diet based on the results of your Food Groups and Calories Report? If yes, what are they?
