Before visiting the dietitian, write down everything you eat and drink for three days. Choose two weekdays and one weekend day.

Date/Time	Place	Food or Drink	Amount	Comments
	Where did you eat?	Be specific. Instead of "milk" tell if it was whole, 2%, 1%, or skim milk.	Example: eight ounces of whole milk	Write things that you think may help the dietitian understand how you eat and why.