

FOOD RECORD INSTRUCTIONS

To help us make the best analysis of your food intake, please follow these instructions.
ACCURACY AND DETAIL ARE VERY IMPORTANT.

1. **MAINTAIN YOUR USUAL EATING PATTERN.** Try not to modify your diet because you are keeping a record of it.
2. **RECORD EVERYTHING YOU EAT OR DRINK.** Be sure to include all snacks and nibbles, no matter how small.
3. **WRITE THINGS DOWN AS SOON AS YOU EAT THEM.**
4. If you need more room to record foods eaten, use additional sheets of paper and staple to food record.

A WORD ABOUT DETAILS

1. **PREPARATION.** In addition to writing down what foods you eat, note how they're prepared: fresh, canned, pan-fried, deep-fat-fried, breaded, baked, broiled, steamed, boiled, etc. When possible, state what kind of fat was used in cooking. **USE BRAND NAMES WHENEVER APPLICABLE.**
2. **AMOUNT.** Indicate quantities in cups, ounces, teaspoons or tablespoons whenever possible. For items such as meat or pancakes or baked goods, include dimensions (in inches) of the serving – its length, width and thickness, or its diameter and thickness.
3. **CONDIMENTS, OTHER ADDITIONS.** Note what else you ate with each food as condiments or garnishes: gravy, sauce, catsup, relish, butter or margarine, cream or creamer, sugar, syrup, glaze, olives, pickles, etc. and the portion size.
4. **LABEL INFORMATION.** For packaged food items, write down the brand name and any key nutritional information as listed on the label such as calcium or vitamin D that has been added to the food such as milk, bread, juice, candy etc.

SAMPLE FOOD RECORD

Foods Eaten & Beverages Consumed	Preparation/Brand/Label Information	Amount
BREAKFAST		
Raisin Bran	Post	1 cup
Milk	1% fat	½ cup
Whole Wheat Bread	Orowheat, 1 slice = 90 calories (from product label)	1 slice
Margarine	Mazola, tub	2 tsp
Strawberry Jam	Smucker's	1 tsp
Orange Juice	Not from concentrate	8 oz
MORNING SNACK		
Coffee	Decaffeinated	8 oz
Non-Dairy Creamer	Liquid	2 TB
Blueberry Muffin	3" diameter x 3" high	1 each
Banana	Medium	1 medium
LUNCH		
Sandwich		
Sourdough Bread	1 slice = 25 grams of Carbohydrate (from product label)	2 slices
Romaine Lettuce	Romaine	1 leaf
Mayonnaise	Best Foods	1 TB
Turkey	Healthy Choice, Fat-Free, Thin Sliced	3 oz
Tomato Slice	2 ½" diameter x ¼" thick	1 slice
Sour Cream & Onion Potato Chips	1 oz bag	1 bag
Coke	Non-diet	12 oz
Chocolate Chip Cookie	3" diameter, Chips Ahoy!	2 cookies

Date:

Foods Eaten & Beverages Consumed	Preparation/Brand/Label Information	Amount
BREAKFAST		
MORNING SNACK		
LUNCH		
AFTERNOON SNACK		
EVENING MEAL		
EVENING SNACK		

