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# FOOD RECORD 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**

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| **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 |

