

Daily Food Record

Date:

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

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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

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