

Keeping a Food Record:

A food record is an easy way to keep track of what you are eating each day. By creating a log of the foods you eat, how much you eat and the time you eat, you can obtain a better understanding of your daily habits. You can then use this information to make any changes that you may need in order to improve your health!

What Should I Include?

When: It is best to keep a food record for approximately 3 consecutive days, including one weekend day, to get the best picture of your normal routine

Time: Keep track of the time that you are eating/drinking

What: Track ANY food or beverage that you consume, even if it is just a bite or two

Size: Document the amount of the food or beverage that you consume. You can measure in number of items (2 pieces) or volume (1 cup)

Comments: Add any comments that you may want to include. Such as: the way the food made you feel after eating it, where you ate the food or what you were doing while you were eating

****** Bring your completed Food Record to your Education Session with a Registered Dietitian to discuss.

Below is an example of a completed Food Diary:

Date	Time of Day	Food/Beverage Consumed	Serving Size	Comments
11/16/2016	7:00 AM	Cooked Quaker Oat Brown Sugar Oatmeal	1 cup	
		Raspberries	1/2 cup	
		Milk-2%	1 cup (8 oz)	
		Coffee -Black	1 cup (8 oz)	
	12:30 PM	Panera Bread Ham and Swiss Sandwich on whole grain bread	1 sandwich	Stopped at Panera, too busy to go home to eat
		Panera Kettle Chips	1 snack size bag	
		Diet Coke	2 cups (16 oz)	
	3:15 PM	Banana with Peanut Butter	1 small banana, 2 Tbsp Pb	
	5:30 PM	Baked Tilapia	3 oz	
		Broccoli	1/2 cup cooked	
		Brown Rice	1/2 cup cooked	
		Milk-2%	1 cup (8 oz)	
	9:00 PM	PopSecret Movie Theater Butter Popcorn	½ bag	Ate while watching TV, did not notice how much I was eating

