

How to Fill in Your Food Record

Write down everything you eat and drink. Try to include three consecutive days that are typical for you, which includes two days during the week and one weekend day. Describe as much about the food as you can, use the back of the sheet if needed. For example:

1. Write down how much of the food you eat. If the food comes pre-packaged write down the package size (ex. 250mL chocolate milk carton) if not, use the chart below to estimate portion sizes
2. Write a comment on how the food is cooked if you can (ex. Baked, pan fried, deep fried, boiled)
3. Write down anything that you drink (ex. Skim milk, water, apple juice, red wine)
4. Try to write down anything you added to the foods either during cooking or after prepared (ex. Olive oil, butter, ketchup, soy sauce, peanut butter, jam)

Portion Size Estimate Guide:

1 cup rice, cereal, cooked pasta, mashed potato, lettuce	fist or baseball
1/2 cup	hockey puck or light bulb
1/3 cup	golf ball
Medium fruit	tennis ball
3 oz meat	deck or cards or palm of your hand
1 oz cheese	6 dice or the size of your thumb
1 tsp butter, margarine, peanut butter, salad dressing	tip of your thumb

Sample:

Meal	Day 1 Date:	Day 2 Date:
Breakfast (first meal of the day)	1 cup cheerios (honey nut) ½ cup 2% milk 1 cup black coffee, 1 tsp sugar, 2 tsp half and half	2 slice whole wheat toast 2 tsp peanut butter (1 on each) 1/2 medium banana 1 cup tea (earl grey)