Nutrition: Food Record Instructions

Instructions

1. Choose three typical days and record everything you eat and drink. Days do not have to be consecutive. Be sure to include one weekend day.
2. Print clearly using black or blue ink.
3. Record each meal or snack immediately after it is eaten.
4. In the first column of the food record, use ‘H’ for meals eaten at home, and ‘A’ for meals eaten away from home.
5. When eating out, include the name of the restaurant or food vendor.
6. Include brand names wherever possible.
7. Include condiments and any other “at the table” additions.
8. Include all ingredients for combination foods such as pizza, sandwiches, casseroles, omelets, salads, etc.
9. Use the most convenient method to record portions such as number, size, weight, or volume.
10. Include food preparation method, such as breaded, fried, baked, boiled, sautéed, etc.
11. Leave 3 or 4 blank lines between meals.
12. Start each new day on a new page.

Tips for Measuring Portions

The following pointers will help you give more accurate measurements and descriptions of the foods and beverages that you eat and drink.

**The “Rule of Hand”**

|  |  |  |
| --- | --- | --- |
| Image result for hand thumbs up | A thumb is… | 1 tablespoon, 15 ml or 15 g |
| A thumb tip is… | 1 teaspoon or 5 ml |
| A palm is… | 1 serving of meat, fish, poultry, 50-100 g, 2-3 oz. |
| A fist is… | 1 cup or 250 ml |

Recording Measurements

| **Measurement** | **Type of food** |  |
| --- | --- | --- |
| Fluid ounces (fl. oz.) | Beverages – all types, including alcoholic |  |
| Number and size  (sm., med., lg.) | Bread, rolls, crackers  Raw fruits and vegetables  Cookies, snack items, candy, etc. |  |
| Weight in ounces (oz.),  specify cooked or raw weight | Meat, poultry, fish, shellfish, cheese  *If weight is unknown, record dimensions:*  *(length x width x thickness)* |  |
| Serving (sv.) and size | Pie, cake (ex. Cherry pie 1/16 of an 8” pie) |  |
| Cups (c.) | Potatoes, rice, cereals, soups, casseroles  Fruits, vegetables (cooked or canned) |  |
| Teaspoons (tsp.) or  Tablespoons (Tbsp.)  *Note: 3 teaspoons = 1 tablespoon* | Jelly, jam, sugar, syrup, sauces, gravies,  Salad dressing, butter, margarine, nuts, seeds | Image result for measuring spoons |

Portions the size of…

|  |  |  |  |
| --- | --- | --- | --- |
| A deck of cards | is the same as… | 3 ounces cooked meat, poultry or fish | Image result for deck of cards |
| A large egg | is the same as… | 1 average muffin | white food macro egg close up bw focus eggs sphere easter shape of chickens egg white |
| A golf ball | is the same as… | 2 tbsp. peanut butter | Golf, Ball, Golf Balls |
| A computer mouse | is the same as… | A small baked potato | Image result for computer mouse |
| A 4-inch CD | is the same as… | A pancake or waffle | Image result for cd |
| A baseball | is the same as… | 1 medium apple or orange | Image result for baseball |
| Four (4) casino chips | is the same as… | 4 small cookies (like wafers) | Image result for poker chips |
| Six (6) dice | is the same as… | 1 ½ ounces of cheese | 6 Pieces of Black and White Dice |

Food Intake Record – Day 1

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Date: | | | Day of the Week: Sun Mon Tue Wed Thu Fri Sat | | | | |
| **H** (home)  **A** (away) | **Time of day** | **FOOD AND BEVERAGES**  Be as specific as possible | | | **Amount** | **Cooking Method** | **Fat Used**  **In Cooking** |
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| Vitamins: Yes No | | | | If yes, TYPE and DOSE: | | | |

Food Intake Record – Day 2

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| Date: | | | Day of the Week: Sun Mon Tue Wed Thu Fri Sat | | | | |
| **H** (home)  **A** (away) | **Time of day** | **FOOD AND BEVERAGES**  Be as specific as possible | | | **Amount** | **Cooking Method** | **Fat Used**  **In Cooking** |
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| Vitamins: Yes No | | | | If yes, TYPE and DOSE: | | | |

Food Intake Record – Day 3

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| Date: | | | Day of the Week: Sun Mon Tue Wed Thu Fri Sat | | | | |
| **H** (home)  **A** (away) | **Time of day** | **FOOD AND BEVERAGES**  Be as specific as possible | | | **Amount** | **Cooking Method** | **Fat Used**  **In Cooking** |
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| Vitamins: Yes No | | | | If yes, TYPE and DOSE: | | | |