

Food Record

Directions

Please record everything you eat and drink for any two days during the week and one weekend day. The days do not have to be consecutive. Choose days that reflect your typical eating habits—not days when you’re sick or eat at a restaurant you don’t normally go to, or particularly “good” or “bad” days. The more specific you are in describing what you ate, the more helpful this analysis will be. Bring a printed copy of this record with you to your appointment.

Description of food

What did you eat? Include brands and restaurant names. Also note how food was prepared (i.e., stir-fried, breaded and fried, boiled, etc.) Include all snacks, condiments, and beverages—even water. Keep track of everything you eat and drink at a meal and in between meals.

Amount

How much did you eat? The most accurate way is to measure, but since we can’t carry around measuring cups, give your best estimate. More detail gives a better (but still imperfect) analysis.

Portion Estimation Tips

- At home, measure the bowl and cup you use one time so you know the volume for future reference.
- For packaged foods, you can list the weight in ounces or grams of the portion you ate.
- If you are unsure about any amounts, it is better to overestimate. Most people tend to underestimate what they eat.

Unclear Description	Clear Description
Bowl of cereal	1 cup Wheaties ½ cup 2% milk
Hamburger and fries	McDonald’s hamburger and one pack of ketchup Small French fries Medium Coke
Piece of chicken with vegetables	1 chicken leg (skin on), baked with olive oil (homemade) 1 cup Green Giant Mashed Cauliflower with Cheddar and Bacon 20 oz. Sprite

Weekday Record One

Food and Beverages Include quantities, brand, preparation, etc. Be descriptive!	Hunger Level From 1= not hungry at all to 5= very hungry.	Speed of Eating From 1= slow to 5= very fast, rushed	Activities While Eating I.e., reading, watching TV, etc.	Emotional State Any thoughts or feelings had while eating	Time and Place	Office Use Only
1c Wegman's "Happy Rice" with an egg fried in 1 TB oil	3	4	Reading for class	Stressed (running late, prepped food fast)	5 PM, kitchen	

1. Is this a typical weekday's intake? Yes No

2. Other comments

3. Type and duration of physical activity this day

Weekday Record Two

Food and Beverages Include quantities, brand, preparation, etc. Be descriptive!	Hunger Level From 1= not hungry at all to 5= very hungry.	Speed of Eating From 1= slow to 5= very fast, rushed	Activities While Eating I.e., reading, watching TV, etc.	Emotional State Any thoughts or feelings had while eating	Time and Place	Office Use Only

1. Is this a typical weekday’s intake? Yes No
2. Other comments
3. Type and duration of physical activity this day

Weekend Day Record

Food and Beverages Include quantities, brand, preparation, etc. Be descriptive!	Hunger Level From 1= not hungry at all to 5= very hungry.	Speed of Eating From 1= slow to 5= very fast, rushed	Activities While Eating I.e., reading, watching TV, etc.	Emotional State Any thoughts or feelings had while eating	Time and Place	Office Use Only

1. Is this a typical weekend day’s intake? Yes No
2. Other comments
3. Type and duration of physical activity this day