



Food Record Form

Complete this 3-day Food Record and
BRING THIS FORM with you to your pre-measurement appointment.

Food Record Instructions

Keep track of everything you eat and drink for 2 weekdays (Monday – Friday) and 1 weekend day (Saturday/Sunday). Record your food and drink for a total of 3 days.

This food record will help you and the dietitian develop an awareness of your eating habits in order to formulate individualized nutrition goals. Follow the instructions below to complete your food record.

1. **Do not change** your eating habits on the days you are recording your food. The purpose of the food record is to identify your *typical* eating patterns.
2. Be honest. The dietitians will not judge you based on your food choices, but they need accurate information to best provide recommendations.
3. Write down **EVERYTHING** including beverages.
4. **Be specific.** Don't forget condiments such as mayonnaise, butter, cheese on your sandwich. Measure or estimate portions as accurately as possible.
5. Do it now! Don't rely on your memory at the end of the day. Keep a small notebook with you if needed and copy your intake to your log at the end of the day.
6. Use the following sample food record as a guide:

Day & Date	Time	Food & Drink	Specific Amount / Portion Size	Hunger scale (0-10) 0 = starved 10 = stuffed	Reason for Eating & Mood
Monday 1-17-2017	1 pm	Turkey Wrap Baked Lays Sprite	1 whole wheat tortilla, 3oz turkey breast, 1 slice American cheese, 1 tsp honey, 1 slice lettuce, 1 – 1.5 oz bag 16 oz. cup Sprite	5	<i>“Lunch time” and only break before classes, tired</i>



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Name _____

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