**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:

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| --- | --- | --- | --- | --- | --- |
| **Day & Date** | **Time** | **Food & Drink** | **Specific amount /**  **Portion Size** | **Hunger scale**  **(1-10)**  1 = starving  10 = stuffed | **Distracted While Eating?**  **Y/N** |
| *Tuesday*  *1/1/2015* | *1pm* | *Turkey wrap*  *Baked Lays*  *Sprite*  *Sprite* | *1 whole wheat tortilla, 3 oz. turkey breast, 1 slice American cheese, 1 tsp. honey mustard, 1 slice lettuce*  *1 1.5 oz. bag*  *16 oz. cup Sprite* | *3* |  |

Updated 1/3/2020

**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Food Record Form**

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**Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Food Record Form**

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