

FOOD DIARY GUIDELINES

- A food record should be kept for **4 consecutive days**. These should include 2 workdays and one weekend. For example: Thursday, Friday, Saturday and Sunday; OR Saturday, Sunday, Monday and Tuesday. Choose whichever is most convenient for you.
- **DO NOT CHANGE YOUR PATTERN OF EATING DURING THESE DAYS.** We will be able to make *focused and helpful* suggestions if you record what you normally eat.
- Write down everything you eat or drink each day. This includes all meals, snacks (at work, at home, on the bus, in the car, in line at the grocery store, at the gas station.....) sampling (do not forget those demonstrations in the grocery store!), nibbling, sodas, ice teas, wines, cocktails, etc.
- It is best to record in your diary right after you have a meal/snack or drink (or during). However, this is not always convenient! It is therefore, a good idea to carry around a slip of paper, a napkin, or 3x5 card, where you can easily jot down your foods/drinks before they slip your mind.
- Use brand names whenever it is appropriate to do so.
- Submit wrappings of foods / snacks, with your food diary, whenever appropriate (e.g. of energy bars or other prepared foods). This ensures greater accuracy of our calculations of dietary intake.

LISTING FOODS

- Enter the times of day of each period of eating. To enhance this section of your diary, you can also include whether this is a meal (e.g. breakfast) or a snack, etc.
- List foods in **DETAIL**. List **ONE** food/item per line. Even if the food eaten contains several items: e.g. a sandwich. Use a separate line for each **ITEM** in the sandwich.
- Approximate or calculate the exact amount eaten:

Example: **For a cup of coffee with cream and sugar:**

Coffee (decaf)	1 cup (8 oz)
Poly Rich liquid Creamer	1 Tblsp.
Sugar	1 tsp.

For a turkey sandwich:

White Bread (sourdough)	2 slices
Mayo (lite)	1 Tblsp
Mustard	1 Tblsp
Turkey Breast	2 oz (or 2 slices)
Swiss Cheese	2 oz (or 2 slices)
Tomato	2 slices
Lettuce	1 large leaf

OR

1 6" subway turkey sub on whole wheat (then list additions on separate lines)

- Amounts are **EXTREMELY** important. Try to be as accurate as possible. If you can weight / or measure foods (although this may not be your normal practice), this is ideal. However, if this is impossible, try to estimate amounts using the guidelines that follow on the next page.
- It is **EXTREMELY** important to record your normal dietary intake. It may be possible that you are taking too much of one nutrient and too little of another, but do not make changes just yet. It is important for us to be able to identify normal intakes. It is very difficult to resist changing your normal intake when you take time to record your foods. Do your best - be as accurate as your normal practices! We can make focused changes later if necessary.

FOOD DIARY GUIDELINES cont....

Listing Amounts

- Try to be as accurate as possible concerning amount eaten, and measure whenever possible. Here are some guidelines:

Measuring Cups are used for: chopped vegetables, rice, noodles, cereals, casseroles, stews, soups, yogurt, cottage cheese, custard, jello, canned and chopped fruits.

8 ounces (oz) = 1 cup (C)

Measuring Cups are used for liquids. If you are drinking liquids from a single serve container, then you can record in FLUID OUNCES as listed on the label.

1/2 cup = 4 fluid ounces (fl.)

1/4 cup = 2 fluid ounces (fl.)

Measuring Spoons are used for: sugar, salad dressings, butter, margarine, syrup, condiments, jam and jelly.

1 tablespoon (Tbsp.) = 3 teaspoons (tsp.)

Ounces or dimensions are used for: meat, fish, poultry, cheese, pizza, cakes, pies, cookies and brownies. Cheese, pizza, cakes and pies are often measured in inches, i.e. 1 inch cube of cheese; 2 inch wedge of pie; 3 inch diameter muffin.

4 ounces (oz) = 1/4 pound (lb)

Number and Size (small/medium/large) are used for: breads, rolls, raw fruits, hot dogs, chips, cookies, crackers, and candy.

If you are uncertain of how much of a foodstuff you have eaten, try to describe the amount by comparing it to the size or volume of an object.

<u>For example:</u>	jello:	the amount that would fit into a small wine glass
	peanut butter:	the size of a ping pong ball
	butter/margarine:	the size of a postage stamp / 3 postage stamps
	meat/fish:	the size of the palm of your hand or checkbook
	salad dressing:	the amount that would fill / half fill an ice cream scoop

Preparation of Foods

- This is very important. For example, indicate if the food was baked, fried, steamed, raw, in a casserole, etc. In addition, indicate whether oils or cooking spray were used, if the skin was removed or left on, etc.