



FOOD RECORD FORM

www.nutritionworks4all.com

INSTRUCTIONS

1. **Please write down everything you eat or drink for three (3) days.** Please try not to change your diet in any way. Remember to include all of those "tastes" or food you may eat which is not a meal.
2. **Be as accurate as possible when recording amounts.** Try to record your food intake as soon as you eat, otherwise it will be hard to remember at the end of the day.
3. **Measure and record the amounts of food served** in common portion sizes such as cups, teaspoons, tablespoons, or describe size. (e.g. 1 large banana – 8" long)
4. **Indicate how the food was prepared:** fried, steamed, baked, raw, etc.
5. **Be as specific as possible.** Instead of "turkey sandwich," say, "turkey sandwich made with 2 slices Wonder Light whole wheat bread, 4 slices of Sara Lee deli select turkey breast, 1 tablespoon Hellman's reduced fat mayonnaise, and two 4-inch pieces of romaine lettuce."
6. **List brand names of all food products,** for example, oatmeal might be "Quick Quaker Oats."
7. **Be sure to measure and record all those little extras:** gravies, salad dressings, taco sauce, pickles, jelly, sugar, ketchup, margarine, etc. Indicate the amounts.
8. Include recipes for any unusual items you prepared at home.
9. **Enter the type and duration of any physical activity for each day.** Include regular household chores as well as exercise.



FOOD RECORD – DAY #1

DATE	TIME	FOOD / BEVERAGE	AMOUNT	PREPARATION METHOD

List All Physical Activity Here:



FOOD RECORD – DAY #2

DATE	TIME	FOOD / BEVERAGE	AMOUNT	PREPARATION METHOD

List All Physical Activity Here:



FOOD RECORD – DAY #3

DATE	TIME	FOOD / BEVERAGE	AMOUNT	PREPARATION METHOD

List All Physical Activity Here: