Food Record Instructions

1. Write down everything you eat and drink immediately after eating. Do this for 2 weekdays and 1 weekend day.

2. Be sure to include water, coffee, tea, soda, alcohol, and other drinks.

3. Record the time and portion sizes.

4. Include brand names of food, if known.

5. Describe the food (e.g. multigrain bread, 2% milk, canned peaches in juice, skinless chicken breast with skin, etc.)

6. List the ingredients in mixed dishes like sandwiches and casseroles.

7. Include preparation methods (baked, broiled, fried, breaded, etc).

8. Include all additions to food at the table and the amounts (salt, sugar, milk, ketchup, mustard, salad dressing, butter, margarine, mayo, etc).

9. When eating out, record the name of the restaurant and the food items ordered.

10. Describe all dietary supplements (vitamins, minerals, etc) including brand names and amounts.