

Instructions on how to keep a 3 day food diary

A food diary is where you record detailed descriptions of all food and beverages you consume. Please keep this diary for 3 days, 2 weekdays and 1 weekend day.

Items to think about when keeping a food diary:

1. Please do not change your eating habits while keeping food diary
2. Record food as you eat, do not wait to record later
3. Only record the portion of food you actually consume
4. When you record an item that consists of a combination of foods, please break it down into individual components: i.e. Turkey Sandwich ⊗ 2 slices whole wheat bread ⊗ 2 oz deli turkey breast, 95% lean ⊗ 1 slice low fat American cheese ⊗ 2 tsp mayo

The general information you should be listing in your food journal are:

- Name and Type of Food/Beverage: peanut butter, egg, hamburger, spaghetti...
- Nutrition Claims: diet, sugar-free, 2%, fat-free, low-sodium, gluten-free...
- Brand Name: Cheerios, Lean Cuisine, Yoplait, Heinz...
- Restaurant Name: McDonalds, Olive Garden, Pizza Hut...
- Preparation Methods: Grilled, boiled, fried, baked, roasted, steamed, microwaved...
- Please include marinades, oil, seasonings, & condiments
- Quantity/Amounts: Cups, Ounces, "baseball sized", "golf-ball sized"

Please be as detailed as you can. Thank you!