



## **Instructions for Completing a Food Diary**

1. Write down everything you eat or drink for   3   days. Remember to include all of those "tastes" or food you may eat which is not a meal. Preferably two weekdays, and one weekend day.
2. 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)
3. Indicate how the food was prepared: fried, steamed, baked, raw, etc.
4. 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."
5. List brand names of all food products, for example, oatmeal might be "Quick Quaker Oats."
6. Be sure to measure and record all those little extras: gravies, salad dressings, taco sauce, pickles, jelly, sugar, ketchup, margarine, etc. Indicate the amounts.
7. Include recipes for any unusual items you prepared at home.