

Name: _____ Physician: _____ DOB: ___/___/___

Food Diary Instructions (example diary is shown below):

1. Choose three *consecutive*, typical days to record. Include *two weekdays and 1 weekend day*. For example: Thursday, Friday, and Saturday.
2. Record *all* foods and beverages (including water) that are consumed.
3. List portion sizes of all foods and beverages. Be as *specific* as possible. For example: 2 ounces of chicken breast, ¼ cup mashed potatoes, 8 ounces orange juice. Estimate meat portions *after* cooking.
4. List brand names of foods if known.
5. Describe how each food is prepared. (For example, fried chicken, scrambled eggs, and roasted pork.)
6. Record any “extras”/condiments used and amount. (For example, 1 tablespoon mayonnaise, 1 teaspoon butter, 2 tablespoons Italian salad dressing).
7. List any snacks (foods *and* beverages) consumed in between meals.
8. If you eat away from home, list the name of the restaurant.
9. If a combination food was consumed (such as a casserole, salad, or stew), please list all ingredients and the total amount consumed.

Time	Amount	Food	How Prepared	Where Consumed
7:00 AM	2 cups	Honey-nut Cheerios	n/a	kitchen
	1 1/2 cups	2% milk	n/a	kitchen
	8 oz.	apple juice	n/a	kitchen
	1/2 piece	Wonder White bread	toasted	kitchen
	1/2 tsp.	Promise margarine, regular	n/a	kitchen
	1 tsp.	Smucker's grape jelly	n/a	kitchen
10:00 AM	1	medium apple	n/a	break room
12:30 PM	1	Chicken-Supreme Burrito	n/a	Taco Bell
	1	Beef Soft Taco	n/a	Taco Bell
	16 oz.	Dr. Pepper	n/a	Taco Bell
4:00 PM	1 pkg. (6 crackers)	Lance peanut butter/cheese crackers	prepackaged	home
	12 oz.	water	n/a	home
7:15 PM	4 oz.	chicken breast (no marinade)	grilled	home
	1/2 cup	Ragu alfredo sauce	heated-stove top	home
	1 1/2 cups	spaghetti noodles	boiled in water	home
	1/2 cups	tossed salad (iceburg lettuce, tomatoes)	n/a	home
	2 tbsp.	Kraft fat-free Italian dressing	n/a	home
	8 oz.	lemonade	prepackaged	home
9:00 PM	1/2 cup	Del Monte fruit cocktail (lite syrup)	prepackaged	home

