

Daily Record of Food Intake Guidelines

Instructions

Write down the type of food you eat at each meal. Record **ANYTHING** and **EVERYTHING** that passes your lips. This includes snacks and the pass-thru-the-kitchen-to-get-to-the-other-room nibbles. Be as specific as possible. Include sauces, gravies or any condiments (with the brand name).

Write down every morsel

Keep your form with you all day and write down everything that you eat and/or drink no matter how large or small the serving. A piece of candy, package of Oreos, handful of nuts, soft drink or juice etc.

Do it NOW!

Write it down immediately. Do not depend on your memory at the end of the day...record as you go.

Be specific

If you eat a BLT, write it down. Include WHAT you eat with it bread, mayo, cheese, onion rings, fries, cappuccino, chips etc.). If you use oil to cook with, write down the type of oil used (olive, sesame, coconut, butter etc.).

Tell the truth

There is nothing to be gained by trying to look good or please us when you are filling out your food log. We can help you more if we know exactly what you're eating so help us!

EXAMPLE

No snacks today, includes 2 quarts of water

BREAKFAST	LUNCH	DINNER
2 eggs	Corned beef on rye (works)	Caesar salad
1 packet oatmeal	Cookie	Lasagna at Olive Garden
Half & half	Water	Bread Sticks
2 black coffee		Extra tomato sauce