

Directions for Recording Food and Beverage Intake

For a complete diet analysis, it is important to record an accurate measure of the amount of food and beverages you consume. You may choose to measure food/beverage items before you consume them. Most people underestimate how much they eat. A scientific study revealed that normal-weight women underreported calorie intake by 282 kcalories/day, whereas overweight women underreported by an average of 621 kcalories/per day. Record the quantity and name of all food and beverages you consume for 3 days consecutively. For best results, include a weekend day as 1 day.

Example: Chicken sandwich:
 Whole wheat bread, 2 slices
 Chicken breast, 4 ounces
 Fresh tomato, 2 slices
 Mayonnaise, 2 Tablespoons
 Iceberg lettuce, ¼ Cup

Instructions for Food Logs

1. Eat and drink as you normally would. Please do not change your usual eating habits just to “look good.” This is a valuable tool and you want it to be accurate
2. Record EVERYTHING you eat and drink (including diet drinks, water, etc.), please be specific. If possible, use measuring spoons and cups. Record serving sizes of meats in ounces or by the piece (1 thigh, 1 breast of chicken, etc.). Measure or estimate the volume of fluid in your glass or cup (4 fl oz, 8 fl oz).
3. Describe the method of food preparation – baked, fried in butter or vegetable oil, barbequed, etc.
4. Don't forget to write down all the little “extras” like sugar in your coffee or on your cereal, fruit on your cereal, butter on your vegetables or bread, honey in tea, mustard, mayo or ketchup on sandwiches, cream in coffee and so forth.
5. Fully describe the food: 2% milk, water packed tuna, lowfat cottage cheese, low salt Wheat Thins, tomato soup made with whole milk, sugar-free Jell-O, canned peaches in heavy syrup.
6. Check food labels for weights (oz, etc.) such as candy bars, individually wrapped cheeses, cookies and juices.
7. Combination foods like stews, sandwiches, and casseroles can be entered by ingredient amount.
8. Please record (bottom of the food log) all vitamin, mineral, and herbal supplements in mg, etc. that you take.
9. Please list activity for the day on the list (30 minutes brisk walking, 20 minutes weight training, etc.)

Visual cues to help estimate portion sizes

Baseball or clenched fist	8 fl oz
Golf ball	1 oz (deli meat, cheese)
2 hands, cupped	1 cup (cereal, salad, Chinese food)
1 hand, cupped	½ cup
Large egg or golf ball	¼ cup
Palm of hand or deck of cards	3 oz of meat/chicken/pork
Checkbook	3 oz of fish