

## Food Diary Guide

The details you document in your food diary will help you and your doctor create a personal eating program to meet your specific needs. This Guide will help you get the most out of your food diary. In general, a food diary is meant to be utilized for an entire week, but studies have revealed that keeping track of what you eat for even one day can help you make beneficial changes to your diet.

**Amount:** In this space write the amount of the specific food item you ate or drank. Estimate the volume (1/3 cup), dimensions (4" x 3" x 1"), weight (4 ounces) or the number of items (6) of that kind of food.

**Description:** In the description column, note the type of food you ate. Be as specific as possible, including sauces and gravies. Make sure to include meal additions such as soda, salad dressing, mayonnaise, butter, sour cream, sugar and ketchup.

**Time:** Make note the time of day you ate the food in this column.

**Location:** Write down the room or specific location where you ate. If you ate in a restaurant, fast-food chain or your car, write that location down.

**Alone or Accompanied:** If you were with others (friends, family members or coworkers), list them. If you ate by yourself, write "alone."

**Activity:** In the activity column, list any action you were doing while you were eating (for example, reading, working, watching TV).

**Mood:** What was your state of mind while you were eating (for example, happy, sad, bored or depressed)?

### Hints:

Don't adjust your eating habits during the interval you keep your food diary – unless your family doctor has given you explicit orders to do so.

By trying to look "good" on the logs, there is not a thing to be gained. Your doctor can only help if you record exactly what you eat.

Document everything you eat during the entire schedule your doctor recommends.

On the next appointment with your doctor, make sure to take the completed forms.



### Remember:

**Write down the whole shebang:**

Keep the Food Diary log sheet with you throughout the day, and jot down absolutely everything you eat or drink. Small items such as, a few chips, hand-full of popcorn, a bottle of soda, a piece of candy, or small pastry may not seem like much, but over a week can really add to your total calories.

**Log items immediately:** Record your consumption right away. Don't rely on your memory at the end of the day.

**Be precise:** Make sure to include all "extras" such as gravy, cheese or butter on your vegetables or meat; and don't be vague when describing your food. For example log fries as fries, not potatoes.

**Evaluate portions:** Record the size of the items you ate using dimensions, weight or serving size. If it is a large item such as a taco or piece of cake, estimate the proportions (5 x 3 x 1") or the weight (3 ounces). When eating vegetables, record the serving amount (1/4 cup). When eating meat, think of a deck of cards which equals a 3-ounce cooked portion.

**Get support:** Call your family doctor if you have any questions.



## Sample Food Diary

See next page for your printable Food Diary logs.

FOOD OR DRINK						
Amount	Description	Time	Location	Alone or Accompanied	Activity	Mood
2 (4" diam)	Large Oatmeal Raisin Cookies	10:25 AM	Office	Alone	Working on Catalog	Bored
2 cups	Tea - decaf	10:40 AM	Office	Alone	Working on Catalog	Bored
3 (1.5" diam)	Corn Fritters Appetizer	1:15 PM	Restaurant	Kathleen	Talking about upcoming Appt.	Nervous
2 (med)	Fish Tacos with cole slaw					
1/2 cup	Side of Rice					
1 cup	Chocolate Ice Cream	9:30 PM	Living Room	Lee	Watching TV	Tired

