



## Food Record Form

Complete this 3-day Food Record and bring this form with you to your appointment.

Please write down everything you eat and drink for a total of three days including **2 weekdays** (Monday – Friday) and **1 weekend day** (Saturday/Sunday). This food record will help you and the dietitian develop an awareness of your eating habits in order to formulate individualized nutrition goals. Follow the instructions below to complete your food record.

### Instructions

1. **Do not change** your eating habits on the days you are recording your food. The purpose of the food record is to identify your **typical** eating patterns. Accurate information will help provide the best provide recommendations.

*To estimate how much was eaten, use a set of **measuring cups and spoons**. Also see the examples below to estimate portion sizes when eating out.*

2. Record everything you consume, including beverages and snacks.

3. Please try to be as specific as possible. This includes condiments such as ketchup, butter and cheese on your food. Indicate if food choices are homemade or purchased and the brand names whenever possible.

4. Rate your hunger/fullness cues on a scale of 1-10 by how your stomach feels before & after you eat  
(**1** = famished/ starving; **3** = stomach grumble; **5** = neither hungry nor full; **7** = full; **10** = painfully full)

*For example, if you feel your stomach grumble and you decide to eat, record a 3 for hunger. If you eat until you feel politely full record a 7 for satiety. Recording this information can help you identify external or emotional cues to eat.*

5. Use the following example as a guide:

Sample 24-Hour Food Record				
<i>Time</i>	<i>Food &amp; Beverage Description</i>	<i>Amount eaten</i>	<i>Hunger/ Fullness</i>	<i>Location/Feelings</i>
7:15 am	Blueberry bagel	1 bagel, 6 inches across	4/8	Eating while Driving – feel rushed
	Margarine	2 tablespoons		
	100% orange juice	¾ cup		
12:30 pm	Grilled chicken	3 ounces	3/7	At desk - focused on work
	Spinach leaves	2 cups		
	Baby carrots	½ cup		
	Bacon bits	2 tablespoons		
	Kraft Italian dressing	2 tablespoons		
	Ritz crackers	4 each		
	Water	8 ounces		

## Amounts and Conversions

1/4 cup = 50 ml or 4 Tablespoons

1/3 cup = 75 ml or 5 1/2 Tablespoons

1/2 cup = 125 ml or 8 Tablespoons

2/3 cup = 150 ml or 10 1/2 Tablespoons

3/4 cup = 175 ml or 12 Tablespoons

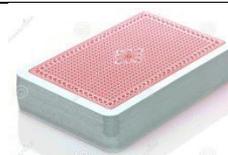
1 cup = 250 ml or 16 Tablespoons

1 oz = 1 slice of processed cheese or lunchmeat

## How to Estimate Your Portion Size

### Meat

Three (3) ounces of meat is about the size and thickness of a deck of playing cards.



### Fruit

A medium apple or peach is about the size of a tennis ball.



### Grains

One cup of rice or pasta is about the size of your fist.



### Cheese

One ounce of cheese is about the size of four dice.



Beverages	What kind of milk? Homo, 2%, 1%, skim, almond, soy, other. Was it fruit juice or fruit beverage or drink?
Breads	What brand? Did you spread on butter or margarine?
Cereal	Did you add milk? Did you add sugar or fruit?
Dairy	What brand or kind of yogurt? What brand or kind of cheese?
Vegetables	Was it raw or cooked? Was it fresh, frozen or canned? Did you add any butter, margarine or sauce?
Fruit	Was it a small, medium or large fruit? Was it fresh, frozen or canned?
Grains	Did you add any butter, margarine, peanut butter, jam or honey? Was it a half or whole sandwich? Was it a small or large muffin or bagel?
Fish	Was your canned fish packed in water or oil? How did you cook your fish?
Meats	How did you cook your meat? What kind of cut was it e.g. chicken leg or chicken breast?
Soups	Was your soup homemade, from a can, from powder? Did you prepare it with milk, water or cream?
Restaurants	What restaurant was it?
Packaged food	What brand was it?
Fats, oils and spreads	What type? What brand was it?

Name: \_\_\_\_\_

## **Canada's Food Guide :**

Canada's Food Guide shows how many servings of each four food group you need to achieve overall health. Here are some examples of 1 serving for each group:

### **Vegetables and Fruit**

- 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

### **Grain Products**

- 1 slice (35 g) bread or ½ bagel (45 g)
- ½ pita (35 g) or ½ tortilla (35 g)
- 125 mL (½ cup) cooked rice, pasta, or couscous
- 30 g cold cereal or 175 mL (¾ cup) hot cereal

### **Milk and Alternatives**

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g (¾ cup) yogurt
- 50 g (1 ½ oz.) cheese

### **Meat and Alternatives**

- 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
- 175 mL (¾ cup) cooked beans
- 2 eggs
- 30 mL (2 Tbsp) peanut butter

### **Oil and fats:**

- Include a small amount – 2 to 3 Tbsp – of unsaturated fat each day.

*Please continue your record on the back of this page if you need more space.*



Name: \_\_\_\_\_


<b>Day 2 Food Record</b>		<b>Date:</b>		
<i>Time</i>	<i>Food &amp; Beverage Description</i>	<i>Amount eaten</i>	<i>Hunger/ Fullness</i>	<i>Location/Feelings</i>

*Please continue your record on the back of this page if you need more space.*



Name: \_\_\_\_\_


<b>Day 3 Food Record</b>			<b>Date:</b>	
<i>Time</i>	<i>Food &amp; Beverage Description</i>	<i>Amount eaten</i>	<i>Hunger/ Fullness</i>	<i>Location/Feelings</i>

*Please continue your record on the back of this page if you need more space.*



Name: \_\_\_\_\_


*Please continue your record on the back of this page if you need more space.*