

Completing Accurate Food Diaries

As part of this weight management program, you will be completing 24-hour detailed food records for **five** days, therefore three weekdays and the weekend. This may be tedious but your accuracy and honesty is very important so that we can gain an impression of your diet. Food diaries allow our patients and our team to track progress and find areas where positive changes in behaviours can be made.

Here are some helpful tips:

- Start a new food record sheet for each day.
- Please record **all** food and beverages **as soon as possible** after they are consumed. Don't forget to also record **snacks** as these types of foods are an often overlooked source of calories.
- Record the following:
 - (1) the **time** you eat
 - (2) the **type** of food (e.g. 1% milk, chicken noodle soup, cream cheese: light? fat-free?; **brands** are very helpful!)
 - (3) how the food is **prepared** (e.g. fried in 2 tablespoons of canola oil, steamed, baked, etc.)
 - (4) the **amount** consumed: use household measures (cups, fluid ounces, table/teaspoons) or weight if you know it (grams, ounces); read labels to help you figure out serving sizes
 - (5) include all **condiments** and amounts (e.g. 2 tsp sugar added to coffee)
 - (6) include amounts of all **liquids** (including water!)
 - (7) if you know the **RECIPE** of the dish you ate, please include/attach the recipe to the food record, record the calories of the ingredients and then approximately the serving size eaten to figure out the calorie content of your serving (e.g. if a chili serves 5 people, and you had a serving, then 1/5 of the dish was consumed).

Here's an example of the amount of detail that we are requesting:

12:30 pm: cheese burger	- 3 ounces of lean ground beef
	- 2 Tbsp ketchup; 1 tsp mustard
	- 1 slice of tomato; 1 leaf of iceberg lettuce
	- 1 slice skim milk processed cheese (Kraft)
	- 1 white sesame seed bun

MORE HELPFUL TIPS

- Whenever possible list the **amount of calories** of the serving of food you ate. You can find this information on the food label under Nutrition Facts.
- Don't forget things like: coffee/tea, condiments, sauces, candy, water, oil
- DETAILS!!! Please be as specific and detailed as you can be.
- Try to carry your food record sheets with you EVERYWHERE and record foods as you consume them. (This is much easier so you don't forget what you ate).
- **Lastly, frequently refer back to these instructions and please do not hesitate to call the clinic if you have ANY questions.**

Food Record Sheet Name: _____ Date: _____

Time	Description of Foods and Liquids Consumed	Amount	Calories	Hunger Scale	Location of eating	With whom	Emotion/Mood

Hunger Scale: 0 = Not Hungry L = Little Bit M = Usual appetite H = Very hungry (Famished)

Food Record Sheet Name: _____ Date: _____

HYPERLINK "http://www.calorieking.com" www.calorieking.com
 "http://www.myfitnesspal.com" www.myfitnesspal.com

HYPERLINK

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