

## **How to fill out a Food Record:**

1. Choose two days of the week and one weekend day.
2. Write everything you eat and drink down.
3. Make sure to write all quantities and cooking methods.
4. Do not change your eating habits. It is important to fill in a typical day, in order for the Dietitian to assess your average intake.

***A detailed example is as follows:***

### **Friday, June 24, 2005**

- Breakfast (7 am)**      1 cup orange juice (Tropicana)  
                                   $\frac{3}{4}$  cup cooked oatmeal (quick cooking oats)  
                                  1 slice light rye toast  
                                  1 tsp peanut butter (P.C. natural, crunchy)
- Snack (10 am)**        1 large chocolate chip muffin from Starbucks  
                                  1 500 ml bottle of water
- Lunch (1 pm)**         1 Subway foot long sandwich with turkey,  
                                  cheese, green peppers, olives, onions (no  
                                  sauce)  
                                  1 small bag baked lays chips  
                                  1 large carton of chocolate milk
- Snack (3 pm)**         1 medium apple
- Dinner (7 pm)**        6 oz steak (size of 2 decks of cards after  
                                  cooking), cooked on barbeque  
                                  1 baked potato with 1 tsp butter  
                                  1 cup cooked green beans (boiled)  
                                  6 oz red wine  
                                  2 scoops chocolate ice-cream
- Snack (9:30 pm)**     4 cups plain popcorn