

**YOUR FOOD DIARY**

Name \_\_\_\_\_

Date \_\_\_\_\_

(Circle one) S M T W TH F S

Time	Amount Eaten	Food / Drink	Location	Mood / Stress

## INSTRUCTIONS FOR COMPLETING YOUR FOOD DIARY

A Food Diary is a tool that helps you and your dietitian learn about your eating habits. To help you the most, **keep eating the way you have been for the last month or so**, but just write it all down! This helps the dietitian look for areas that might affect your medical condition. If needed, the dietitian can help you make changes that improve your health and still fit your lifestyle.

- Eat the way you usually do. Write down everything that you eat and drink on your food diary sheets. Use one sheet for each day.
- Remember the little things like butter, margarine, jelly, sugar, sauces, gravies, salad dressings, etc. Note the type or brand if you can.
- Remember to include snacks and beverages between meals and before bed.
- Include the time of day. Include your mood or stress level.
- Include the location where you ate. (*examples: at work, McDonald's, home, kitchen, TV room, etc.*)
- Show the amount you actually ate, not how much was served.
- Use measuring cups and spoons to describe most foods. (*examples: 1 cup Wheaties, 1/2 cup 2% milk, 1 teaspoon sugar*)
- Use size or shape to describe foods that don't fit into a cup or spoon. (*examples: 8 inch corn tortilla, 3 x 3 x 1 inch chocolate cake with frosting, 1 medium chicken drumstick, etc.*)
- Note what is in a mixed food. (*example: stew — 1/4 cup meat, 1/4 cup potato, 1/4 cup carrots, 1/4 cup gravy*)
- Describe how a food was prepared. (*example: 1 chicken breast fried with PAM spray*)