

## YOUR FOOD DIARY

1. Please record your food and beverage intake for three consecutive days, including one weekend day.
2. Record each meal immediately after it is eaten.
3. Leave 1 blank line between meals.
4. Start each new day on a new page.

If you have any questions or concerns about your documentation,  
please call me at the above phone number.

Thank you!  
Megan Tubman, MS, RD

## INSTRUCTIONS FOR DIETARY RECORD KEEPING

It is very important that you record everything you eat. Carry your food record with you and record foods and beverages as you have them. If you do not record as you eat or drink foods, important details will likely be forgotten.

1. Write neatly in blue or black ink.
2. Record and provide a description of each food separately, and on a separate line; ie. Tuna salad sandwich should be recorded as:

Tuna Salad Sandwich

- white bread
- light mayo
- tuna canned/water

3. Measured amounts of each ingredient should be specified in the far right column.
4. Make note of any foods fortified with specific vitamin/mineral.
5. Note type of oil used in cooking.
6. Note cooking method; ie. baked, fried, boiled.
7. Specify details of sauces; ie. Made with skim milk, tomato paste, etc.
8. In addition to foods, note oral supplements/herbals/botanicals taken.



## GUIDELINES FOR MEASURING FOODS

Foods	Measure and describe with:
Vegetables, fruit cup, pasta, rice, casseroles, ice cream, pudding, margarine, and all liquids including beverages, soup, salad dressing	Measuring cups (c), teaspoons (tsp) or tablespoons (tbsp)
Solid food such as meat, fish, poultry, cheese	Weight in grams (g) or ounces (oz) or measure with a ruler and give dimensions
Pie, pizza, cantaloupe and other melons	Fraction of the whole (ex: 1/8 of 9" pie, 1/4 of 6" melon)
Sphere-shaped foods like apples, rolls, or muffins	Diameter (ex: 3 " apple, 4" muffin)
Cylindrical or disk-shaped foods such as hamburger patties, slices of bologna, tortillas	Diameter and thickness (ex: 3" hamburger patty, 1/2 " thick)
Cake, bars, lasagna, cheese cubes	Length, height and width (ex: 4" x 2" x 3" piece of lasagna)
Any wedge, such as slice of angel food cake, layer cake, pizza or pie	Length, height and width (ex: 5" L x 4" H x 2" W arc piece of pie)

## GUIDELINES FOR "GUESSTIMATING" PORTIONS

Since measuring is not always possible or practical, there are times when "guesstimating" will suffice. Use the following guidelines to help you determine portion sizes when you are not able to weigh or measure.

- A women's fist is about a cup.
- A man's fist is about 1-½ cups.
- The cupped palm of an adult's fist holds about one-half cup.
- 3 ounces of cooked meat is similar in size to a standard deck of cards.
- A Mc Donald's plain hamburger patty is 2 ounces of cooked meat.
- The average cooked ½ chicken breast weighs between 3 and 4 ounces.
- A Kraft American single is a ¾ ounce slice of cheese.
- The standard slice of bologna is one ounce.
- A package of peanuts that you'd get on an airplane is a one-ounce package.
- A frozen Lender's bagel is three ounces. Most other bagels are four to six ounces.





