

KEEPING A FOOD DIARY

Instructions:  !!

The information you record in your food diary will help both of us design an eating program to meet your special needs. Generally, food diaries are meant to be used for a whole week, but studies have shown that even keeping track of what you eat for 1 day can help you make changes in your diet.

KEEP A CONTINUOUS LOG. PLACE THE BEGINNING DATE DOWN, THEN EVERYTHING EATEN ON THAT DAY. WRITE IN THE NEXT DATE BENEATH IT, THEN EVERYTHING ON THAT DAY. IT IS NOT NECESSARY TO USE A SEPARATE PAGE FOR EACH DAY.

If you are using the diary for dietary analysis, in regard to a particular purpose, such as cholesterol or fat control, or control of inflamed bowels, allergies or other, **FILL IN THE FIRST THREE COLUMNS**, THEN NOTE IF YOU HAD ANY PROBLEMS WITH THAT FOOD.

If you are using the diary **FOR WEIGHT LOSS**, please complete all columns.

- **How much:** In this space indicate the amount of the particular food item you ate. Estimate the size (2" x 1" x 1"), the volume (1/2 cup), the weight (2 ounces), and/or the number of items (12) of that type of food.
- **What kind:** In this column, write down the type of food you ate. Be as specific as you can. Include sauces and gravies. Don't forget to write down "extras," such as soda pop, salad dressing, mayonnaise, butter, sour cream, sugar, and ketchup.
- **Time:** Write the time of day you ate the food.
- **Where:** Write what room or part of the house you were in when you ate. If you ate in a restaurant, fast-food chains, or your car, write that down.
- **Alone or with whom:** If you ate by yourself, write "alone." If you were with friends or family members, put them down.
- **Activity:** In this column, list any activities you were doing while you were eating (for example, working, watching TV, and ironing).
- **Mood:** How were you feeling while you were eating (for example, sad, happy, content, hungry, angry, or depressed). If you are not on a weight loss diet, leave this column blank.

If you are told to record exercise, use the last two columns, recording TYPE OF EXERCISE IN THE ACTIVITY COLUMN, AND USE THE NEXT COLUMN TO RECORD HOW LONG YOU EXERCISED, not counting dressing time.

Helpful Hints:

1. Don't wait until the end of the day to remember what you ate. Studies on this clearly show when this is done, people forget.
2. Don't change your eating habits while you're keeping your food diary, unless instructed to do so.
3. Tell the truth. There's nothing to be gained by trying to look good on these forms. We can help only if you record what you really eat.
4. Record what you eat on all days.
5. Fax to 713.790.9292, scan in and email (above), or snail-mail the completed forms back to the office as soon as they are ready.

Some basic rules to remember:

- **Write down everything:**
Keep you form with you all day, and write down everything you eat or drink, water included. A piece of candy, a handful of pretzels, a can of soda pop or a small donut may not seem like much at the times, but over a week these calories add up!
- **Do it now:**
Don't depend on your memory at the end of the day. Record your eating as you go.
- **Be specific:**
If you ate a cheeseburger, write it down, and where it came from. Make sure you include "extras," such as gravy on your meat or cheese on your vegetables. Record French fries as French fries, not as potatoes.
- **Estimate amounts:**
If you had a piece of cake, estimate the size (2' x 1" x 2"). If you had a vegetable, record how much you ate (1/4 cup or 2 cups). When eating meat, remember that a 3-ounce cooked portion is about the size of a deck of cards.

PLEASE REMEMBER TO WRITE YOUR NAME IF YOU FAX (TO 713-790-9292)