**1 Day Diet Record**

**Instructions:**

Record everything you eat for one day on the Food Intake Record. Your record will be most accurate if you write down food items soon after you eat them. Be very careful to include portion sizes. Include brand names of packaged foods.

*Note:* For this record to be meaningful, you must choose a day that best represents your usual food intake.

**Beverages.** Record the type of beverage and the quantity you consume. Indicate whether the soft drinks are diet or regular. Be sure to include sugar and cream used in coffee. Use the following conversions:

1 cup = 8 fluid ounces = 16 tablespoons

1 tablespoon = 3 teaspoons

12 ounces of a regular soft drink contains 9 teaspoons of sugar

**Cooked vegetables, cooked cereals, canned fruit*.*** Record the quantity in cups. Remember that cooks often add about 1/2 to 1 teaspoon of butter or oil to each 1/2 cup of vegetables. If you eat vegetables at a restaurant, write in the extra fat or butter on your Food Intake Record.

**Salads.** Record in cups the quantity of salad eaten. Indicate whether meat or cheese is added and estimate the quantities. Be sure to record salad dressings in tablespoons, and be specific about the type added.

**Cheese.** A 1/2-inch cube is about 1 ounce of hard cheese. One cup of shredded cheddar is about 4 ounces. Be sure to indicate whether you used reduced-fat cheese.

**Fresh fruit and raw vegetables.** Record the number and size.

**Seeds and nuts.** Record in tablespoons or fractions of a cup.

**Meats.** Record quantity and preparation. A portion about the size of the palm of your hand is 1/4 pound (4 ounces). Be careful not to underestimate how much you eat. If the meat is breaded and fried, indicate the preparation on the Food Intake Record. Indicate whether chicken is cooked with or without skin.

**Breads.** Record the number of pieces. Indicate whether bread is white, 100% whole wheat, or a combination. Many types of bread sold as “wheat” bread contain enriched white flour as the first ingredient. Check the label to be sure.

**Preparation.** Be sure to include any seasonings, breading, or oils used in preparation.

**Mixed dishes.** For *mixed dishes*, itemize the significant foods. Remember that most casseroles and soups have added fat. You will need to add that fat separately to your Food Intake Record.

**Snacks (chips, pretzels, etc.).** Record how many you eat or their combined weight. The serving size is indicated on the package. If you eat more than one serving, just multiply. Remember to include the brand names of packaged foods.

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| **1 Day Food Record** | | | | |
| Date: \_\_\_/\_\_\_/\_\_\_ Day of Week: M Tu W Th F S Su | | | | |
| **Time** | **Place** | **Item** (include preparation) | Amount | Comments (for Reviewer) |
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**Questions** (please indicate any questions or concerns you would like to address during your appointment)**:**

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