

SOME SUGGESTIONS . . . ON KEEPING A FOOD DIARY

1. Write down everything that you eat or drink, including all foods, beverages, nutrient supplements, vitamins, etc. Include all your meals and between-meal snacks from the time you get up until you go to bed.
2. Do not change your usual eating habits while you keep this diary. Eat just as you normally do, and be honest!
3. Write down the information as soon as you finish eating since meals are difficult to recall in detail after time has passed.
4. Describe the type of food you have eaten, giving as many details as possible. For example, if you drank milk, indicate whether you had whole, skim, 2% or 1% low-fat milk. Include the brand name of commercial products; and indicate whether the item was fresh, canned or frozen.
5. Describe how the food was prepared: raw, baked, boiled, steamed, fried, stir-fried, poached, grilled, toasted, broiled or microwaved. Also indicate if you trimmed the fat from meat, or followed any other special preparation or cooking technique.
6. Record the amount of food eaten. Use standard household measurements, such as teaspoon, tablespoon, and cup. Try to use an 8-ounce cup with increments so you can distinguish $\frac{1}{2}$, $\frac{1}{4}$, or $\frac{3}{4}$ cup, etc. You may also measure food:
 - by number (for example, *10 french fries*);
 - by size (such as *3 meatballs, 2-inch diameter*); or
 - by weight (such as *1/2 ounce bag potato chips*).
7. Include all added ingredients, such as butter, salt, cooking oil, gravy, sauces, syrup, sugar and cream in coffee, and also all alcohol-containing beverages, i.e.; brandy, whisky, sherry, wine, beer, etc.

Some examples of incorrect and correct recording are shown below. When you are writing your diary, imagine that someone wants to duplicate your meals as closely as possible, and needs to know as many details as possible about what you ate.

Examples

Wrong Way

<i>Time</i>	<i>Description of Food Eaten</i>	<i>How Prepared</i>	<i>Amount Eaten</i>	<i>Where</i>	<i>Activity</i>
8:00 a.m.	toast with jam	toast	2 slices	kitchen	reading
noon	chicken noodle soup	boiled	a bowl	kitchen	talking

Right Way

<i>Time</i>	<i>Description of Food Eaten</i>	<i>How Prepared</i>	<i>Amount Eaten</i>	<i>Where</i>	<i>Activity</i>
8:00 a.m.	white bread	toast	2 slices	kitchen	reading
	Smucker's strawberry jam	3 Tbsp		kitchen	"
noon	chicken noodle soup	boiled	1/2 (10 oz) can	kitchen	talking

CHECKLIST FOR DIET RECORDS

Instructions: Use the list below to help you keep an accurate Food Diary. Compare each item in your Diary to the appropriate type of food. Include enough details in your description to answer the questions below.

Type of Food	Did You Specify
All	<input type="checkbox"/> Amount eaten? By cup, tablespoon, or teaspoon, using standard household measurements? By size, giving dimensions (length, width, thickness, or diameter)? By number, for standard-size items? By weight?
Cereals	<input type="checkbox"/> Size of servings? Brand name? Additions, such as milk, sugar, fruit, nuts? Instant or ready-to-eat type?
Baked Goods	<input type="checkbox"/> Homemade or commercial? From scratch or mix? Brand? Topping or frosting? Dimensions? Weight or number eaten?
Fruits and Juices	<input type="checkbox"/> Cooked, raw or dried? Peeled? Fresh, frozen or canned juice? Sweetened? Size of serving?
Vegetables	<input type="checkbox"/> Cooked or raw? Fresh, frozen or canned? Sauces, or other additions? Serving size?
Milk Products	<input type="checkbox"/> Percent fat? Imitation or reduced calorie? Powder or liquid?
Meat, Fish, Poultry	<input type="checkbox"/> Type of cut? Percent fat? Oil or water packed? Fat, skin removed? How prepared? Additions? Cooked weight or dimensions or amount eaten?
Eggs	<input type="checkbox"/> Size? How prepared? Added fat?
Mixed Dishes	<input type="checkbox"/> Homemade or commercial? From scratch or mix? Brand? Major ingredients and proportions? Cooking method?
Soups	<input type="checkbox"/> Homemade or commercial? Brand? Broth or milk base? Type of milk? Principal ingredients?
Fats and oils	<input type="checkbox"/> Stick, tub, diet, whipped, squeeze, or liquid margarine? Brand? Major oil, brand of oils, and type of shortening? Homemade or commercial salad dressing? Type of oil or brand? Low calorie? Creamy? Additions?
Beverages	<input type="checkbox"/> Brand? Sweetened? Diet? Decaffeinated? Alcohol content? Additions? Amount?
Snacks	<input type="checkbox"/> Brand? Size, weight or number eaten?
Restaurant Meals	<input type="checkbox"/> Type: fast food, ethnic, deli, family-style?