

Food Log

A food record is designed to capture a representation of your typical diet to identify any potential dietary imbalances and explore ways to optimize your nutrition needs.

- Include what you eat or drink and the amount consumed, along with other specific information (e.g. reduced fat, baked, etc).
- Rate your hunger/fullness cues on a scale of 1-10 by how your stomach feels before you eat *and* after you eat (1 = famished, starving; 3 = stomach grumble; 5 = neither hungry nor full; 7 = comfortably full; 10 = painfully full).
- Under "location/feelings," indicate where you eat (e.g. home, restaurant) and how you are feeling in those moments (e.g. stressed, bored).

To get an accurate representation of your diet, record a typical day of food and bring your completed record with you to your appointment.

Sample 24-Hour Food Record				
<i>Time</i>	<i>Food & Beverage Description</i>	<i>Amount eaten</i>	<i>Hunger/ Fullness</i>	<i>Location/Feelings</i>
7:15 am	Blueberry bagel	1 each	4/8	Driving – hurried; anxious
	Margarine	2 tablespoons		
	100% orange juice	6 ounces		
12:30 pm	Grilled chicken	3 ounces	3/7	At desk - focused on work; anxious
	Romaine lettuce	1 cup		
	Spinach leaves	1 cup		
	Baby carrots	½ cup		
	Bacon bits	2 tablespoons		
	Kraft Italian dressing	2 tablespoons		
	Ritz crackers	4 each		
	Water	16 ounces		
6:00 pm	Pizza Hut hand-tossed pepperoni pizza	3 slices	2/8	Restaurant – really hungry; relaxed
	Diet Coke	16 ounces		
9:15 pm	Chocolate chip cookies – 4" diameter	4 each	5/7	Home – watching TV; bored
	Skim milk	8 ounces		

