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DIRECTIONS FOR RECORDING FOOD INTAKE

The information you provide on the food record will help us learn about your food intake and your eating habits. It is important **to be completely accurate**, so that your nutrition needs can be clearly identified and your eating habits optimally improved.

1. Record everything that you eat and drink during meals, snacks, coffee breaks, and at any other time. Please note the time of day of meals and snacks.
2. Fill in the record immediately after eating and/or drinking.
3. Describe all food completely. Be as specific as possible.
 - Record **how the food** was prepared: baked, broiled, fried, steamed, breaded, buttered, creamed, etc.
 - Record the **type of food**: fresh, frozen, canned, ready-to-eat, homemade, commercially prepared, dietetic, etc.
 - Record the brand name.
 - Record **all ingredients** used in mixed or combination foods such as casseroles, soups, stews, sandwiches.
4. Don't forget to include spreads, butter or margarine, condiments, dressings, sugar, jelly, snacks, etc.
5. Record the amount of food in standard household measures: cups, tablespoons, teaspoon, etc. or specify dimensions: height, length, width, etc., or use an object like a baseball, deck of cards, a CD etc. If available, write the weight off the box label.
6. Record all food and beverages taken for **three** days in a row. Always include one weekend day and two weekdays.
7. Please indicate if the day's entry was a typical day for you as far as your food intake was concerned. If not, please note how it differed.