

Instructions for completing the 3-day Dietary Record

Instructions

Here is an example of the recording sheet (see attached forms) dividing meals into breakfast, lunch, dinner and snack segments. Please **maintain a detailed record** of all food, fluid and supplement intake for each meal, including snacks for **two days during the week** and **one day on the weekend**. The data collected will be entered into a "nutrition software package" and analyzed to yield daily caloric intake, daily percentages for individual nutrients and individual nutrient intakes.

When completing the dietary records it is best to complete each meal or snack segment within 30 minutes of consumption to prevent inaccurate recall. To assure accurate results, we ask you to complete the dietary record by filling in the brand name, amount/quantity and portion of each food, fluid or supplemental item (see example below). Try to be as specific as possible when describing the food or fluid amount, type, method of preparation, recipes and brands. Include labels if you think it might help determine the content and nutritional value of specific foods, fluids and supplements. PLEASE IGNORE THE CODE SECTION, AS THE NUTRITIONIST WILL USE THIS. Examples for portions include cup, fluid ounce (fl oz), tablespoon (tbsp.), teaspoon (tsp.), slice, small (example for an apple), grams etc.

Item	Brand	Amount	Portion
Cereal	Special K	1	cup

It is important that you break down each food item into individual ingredients. For example, if you consume spaghetti with meatballs for a meal then your dietary record should read something like this....

Item	Brand	Amount	Portion
Spaghetti	Primo	1	cup
Spaghetti sauce-	Ragu	½	cup
Mushrooms	fresh	¼	cup
Onions	fresh	¼	cup
Green peppers	fresh	¼	cup
Parmesan cheese	Kraft	1	tbsp
Lean ground beef	fresh	¼	cup

Remember to include ALL items consumed. This includes such items as margarine, peanut butter, jam, mayonnaise, mustard and other miscellaneous items.

DIETARY RECORD: DAY ONE (circle if it is a weekday or weekend)

BREAKFAST				
ITEM	BRAND	AMOUNT	PORTION	CODE
SNACK				
ITEM	BRAND	AMOUNT	PORTION	CODE
LUNCH				
ITEM	BRAND	AMOUNT	PORTION	CODE



DIETARY RECORD: DAY ONE

SNACK				
ITEM	BRAND	AMOUNT	PORTION	CODE
DINNER				
ITEM	BRAND	AMOUNT	PORTION	CODE
SNACK				
ITEM	BRAND	AMOUNT	PORTION	CODE



DIETARY RECORD: DAY TWO (circle if it is a weekday or weekend)

BREAKFAST				
ITEM	BRAND	AMOUNT	PORTION	CODE
SNACK				
ITEM	BRAND	AMOUNT	PORTION	CODE
LUNCH				
ITEM	BRAND	AMOUNT	PORTION	CODE



DIETARY RECORD: DAY TWO

SNACK				
ITEM	BRAND	AMOUNT	PORTION	CODE
DINNER				
ITEM	BRAND	AMOUNT	PORTION	CODE
SNACK				
ITEM	BRAND	AMOUNT	PORTION	CODE

DIETARY RECORD: DAY THREE (circle if it is a weekday or weekend)

BREAKFAST				
ITEM	BRAND	AMOUNT	PORTION	CODE
SNACK				
ITEM	BRAND	AMOUNT	PORTION	CODE
LUNCH				
ITEM	BRAND	AMOUNT	PORTION	CODE



DIETARY RECORD: DAY THREE

SNACK				
ITEM	BRAND	AMOUNT	PORTION	CODE
DINNER				
ITEM	BRAND	AMOUNT	PORTION	CODE
SNACK				
ITEM	BRAND	AMOUNT	PORTION	CODE

