**Food Log**

Please keep a record of everything you EAT and DRINK for 3 days – 2 weekdays and 1 weekend day. Include all meals, snacks, and beverages, and the time of day you are eating or drinking. Please pick days that are TYPICAL for your current eating patterns. Please also record the supplements (i.e. vitamins, minerals, protein powders, sport supplements, shakes, etc.) in detail, including: the name or supplement, the amount you take, how often you take it, when you started the supplement, and your reason for taking it.

FOOD/BEVERAGE RECORDING INSTRUCTIONS:

1. Record all food and beverages consumed during a 24 hour period. INCLUDING SNACKS Provide the following:

 • Type of Food Eaten: e.g. chicken noodle soup

 • Brand Name: e.g. Campbell’s, Lipton, Weight Watchers

 • Food or Beverage Characteristics: o Colour: e.g. green vs. yellow beans; white vs. whole wheat bread o Fat Content: % fat (e.g. skim, 1%, 2% or homo milk), leanness of meat (e.g. extra lean ground beef), fat claims (e.g. “light”, “low-fat”), was skin removed from poultry?

• Time of Day you ate or drank

1. Please MEASURE and describe the amount of food eaten as best as possible. Diet records are only reliable with accurate measurements.

• Always estimate portion sizes of food after cooking.

• Use household measures to specify serving sizes. 1 cup = 250mL = 8 fluid oz 1 tablespoon (Tbsp) = 15mL 1 ounce (oz) = 30g 1 teaspoon (tsp) = 5mL

• Measuring cups (examples): Put cooked pasta or rice into a measuring cup to record the correct amount before placing it on your plate. Measure your cereal out before pouring into a bowl, and don’t forget to measure your milk as well!

• Teaspoons/tablespoons (examples): Measure out butter, margarine, mayonnaise, salad dressings, ketchup, mustard, ground flaxseed, sugar, milk/cream, and other condiments, seasonings, and toppings before adding to your food or beverages.

• Count the number of food items if practical: e.g.: 20 grapes, 15 baby carrots, 8 medium-sized shrimp, etc.

• Fluids: Record amounts in fluid ounces (oz), milliliters (mL), or in cups. Remember 1 cup = 250mL = 8 fl. oz

• Use food labels to estimate quantities: Food labels can help you estimate the quantity of food eaten based on weight or volume. For example, write down a 355mL can of pop, 1⁄2 of a 60g can of tuna, a 37g granola bar, etc.

• Use your hand to estimate portion sizes quickly: Whole Thumb = 1 Tablespoon Tip of your Thumb = 1 Teaspoon Palm of Your Hand = 3 oz of meat Fist = 1 cup (250mL)

