



Instructions for Dietary Records

Please write down all of the foods, beverages, candy, vitamins & supplements that you eat each day. Do not leave anything out-you will only be cheating yourself. I will provide a printout to show you what your daily intake looks like.

Please try to be as specific as possible when writing down the foods & quantities. You may include brand names. If you are not sure about a serving size, compare it to something we can relate to - a deck of cards, fist, a cup, etc. Also, include if the food item was prepared at home, or purchased at a restaurant.

If you do not exercise please include that as well. You may include walking to the subway/bus, going up & down flights of stairs, etc.

Example:

Food/Beverage	Amount	Prepared By:
Tropicana Grapefruit juice w/calcium	1 cup	At home
Cheerios - Dry	1 cup	At home
McDonald's Big Mac w/cheese	1 large	Restaurant
Tossed Salad	2 cups	Restaurant
Dressing - French	2 tablespoons	Restaurant
One - A - Day Multivitamin	1	