

wholesome  **WКУ** *Tips for a Great Food Diary*

1. Write down EVERYTHING you consume each day.
2. Write it down when you eat it. If you wait until the end of the day you may not remember it.
3. Write down:
  - a. Sips and tastes of foods
  - b. Include all condiments and spices
  - c. Don't forget sauces, gravies, etc. that were on your food
  - d. All beverages that you drink during the day
4. List the specific/exact foods that you ate.

Examples:

<b>Not Appropriate</b>	<b>Appropriate</b>
Potatoes	1 cup of French Fries
Chili	1.5 cups Beef Chili
Yogurt	2 cups Plain Greek Yogurt

5. Carrying a little pocket notebook around is encouraged so that you can keep up with what you ate.
6. Be honest. The nutrition counseling sessions are to benefit you. You will not reap rewards if you record that you had 1 cup of ice cream, when you really had 5.
7. Do not change your eating habits while keeping a food diary.
8. If you do not know portion sizes (i.e. ½ cup), please write down what your portion looks like, example: steak the size of a deck of cards, scoop of peanut butter the size of a golf ball.
9. Please include if you had any activity/exercise that day.