

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: M  F

Address: \_\_\_\_\_

Your Present Weight: \_\_\_\_\_ Your Ideal Weight: \_\_\_\_\_ Height: \_\_\_\_\_

(If Female) Are you Pregnant: \_\_\_\_\_ Breastfeeding? \_\_\_\_\_

Do you want to gain weight? \_\_\_\_\_ Number of pounds \_\_\_\_\_

Do you want to lose weight? \_\_\_\_\_ Number of pounds \_\_\_\_\_

1. Write down everything you ate or drank and all vitamins and mineral supplements and medications taken for three days.
2. Measure and record the amounts of food served in portion sizes of level measuring cups, teaspoons, tablespoons, ounces, slices or inches. You may use a food scale if you have one.
3. Indicate how the food was prepared . . . fried, steamed, baked, raw, etc.
4. List brand names of all food products, for example, oatmeal might be Quick Quaker Oats
5. Be sure to measure and record all those little extras: gravies, salad dressings, taco sauce, pickles, jelly, sugar, ketchup, margarine, etc. Indicate the amounts.
6. Include recipes for any unusual items you prepared at home.
7. Consider the following points as you are recording different types of foods:
  - a) Beverages
    - Record amount in ounces, cups, teaspoons or tablespoons.
    - List type of milk, whole, skim, 2%, chocolate
    - Indicate type of other beverages, such as fruit drink, H-C, Kool-Aid, Soda, wine, beer, alcohol
  - b) Fruits & Vegetables
    - Indicate whether fresh, frozen, dried or canned
    - Indicate whether processed in water, light syrup, heavy syrup, etc. for fruit in sauce, butter or gravy for vegetables.
  - c) Cereals
    - Dry Cereals – level portions of cup or tablespoons.
    - If margarine milk, sugar, fruit, etc. added, measure and record amount and type
  - d) Breads
    - Indicate whether whole wheat, rye, white, etc.
  - e) Meats
    - Record in approximate measurements after cooking (e.g. cooked hamburger patty – 3 inches across, ½ inch thick). If weight of food is indicated on package, give this information
    - Record measurements only on the cooked edible part – without bone or fat that is left on plate. Tell how meat was prepared.
  - f) Desserts
    - Measure and record portion size of cakes, pies, cookies (thickness, diameter, width or length, depending on item)
    - If bought, give brand name