Food Log

Instructions

1. Record everything you eat. This should include foods and beverages eaten at meals and snacks.
2. Record carefully how the food was prepared. Be as descriptive as possible (e.g., fried in corn oil, broiled in T of margarine).
3. Be sure to indicate the amount of food eaten. Use typical household measures when possible (t = teaspoon; T = tablespoon; c = cup; oz = ounce).
4. Provide brand names and labels for packaged foods.
5. For composite foods such as sandwiches, casseroles, and soups, indicate the ingredients contained in the food. For example, a turkey sandwich might be described as 2 slices of whole wheat bread, 1 oz. of baked turkey breast without skin, 1 slice of tomato, 2 leaves of iceberg lettuce, 1 T light mayonnaise.
6. Indicate where and with whom you were with when you ate. Also describe your feelings at the time – were you worried, content, lonely, stressed? (be honest with yourself.)
7. Carry this form with you so that you can write down foods as they are eaten. Do not wait until the end of the day to record your food intake.

Food/Drink	Description	Location (e.g., place people alone)	Feelings (e.g., hunger, anger, joy)	Time