# Written Food Intake Instructions

1. **When to Record:** Record food and beverage intake for four consecutive days, including two “shift” days and two “off” days if possible.
2. **How to Record:** Please record clearly *everything* you eat and drink *immediately* after a meal.
3. **What to Record:** The more details you provide, the better able we are to assess your nutritional status.
* Record portion size in units such as 1 cup, ½ cup, 1 oz, 3 tsp, 2 tbsp, or use descriptions such as “the size of a deck of cards” or “the size of a baseball”. Measure or weigh your food portions whenever possible.
* Specify cooking preparations when appropriate (i.e. baked, broiled, fried, fast food, or homemade).
* Include nutritional label when appropriate (i.e. international or “unique” foods).
* Please specify brands of fast food meal (i.e. McDonalds BigMac, Subway Black Forest Ham sandwich).
* Do not forget condiments or additions to meals (i.e. salt, pepper, sugar, ketchup, mayo, coffee creamer, jam, butter, olive oil).
* Indicate if the food you ate was low fat, reduced fat, full fat, low sodium, no sugar, etc.
* Record how items were prepared. For example, was the item baked, roasted, grilled, or fried? Fresh, frozen, or canned? With skin or skinless? Bone in or boneless?

## Example Day

| *Time* | *Food Item* | *Portion Size* |
| --- | --- | --- |
| **6:30 AM** | Frosted Mini Wheats (Medium size)Milk (2% Reduced fat Lucerne)Orange Juice (no pulp, MinuteMaid) | 1½ cups1 cup (8 fl. oz) 6 fl. oz. |
| **10:00 AM** | Poptart (untoasted, Blueberry)Grapes (red, seedless) | 1 package (=2)1 cup |
| **12:00 AM** | Pepsi (diet)Homemade sandwich * 12 Grain wheat bread
* cheese (Feta, crumbled)
* mayonnaise (low fat with olive oil)
* sliced ham (roasted)
* lettuce (romaine)
* Apple
 | 1 can (12 fl. oz.)2 slices2 ounces1 Tbsp.4 ounces2 full leaves1 item (medium) |
| **6:30 PM** | Homemade tuna noodle casserole\** Tuna, canned
* sour cream
* egg noodles
* salt
* cheddar cheese, shredded

Coffee, instant, decaf  | ~2 cup serving4 oz.2 Tbsp1½ cups¼ tsp¼ cup2 cups (16 fl. oz.) |

\*For combination meals, please list all ingredients. Estimate amount in entire recipe or in the portion eaten.