

Daily Food Log Guidelines

Instructions

Write down the type of food you eat at each meal. Record ANYTHING and EVERYTHING that passes your lips.

This includes snacks and the pass-thru-the-kitchen-to-get-to-the-other-room nibbles. Be as specific as possible. Include sauces, gravies or any condiments – with the brand name.

Write down every morsel

Keep your form with you all day and write down everything you eat and/or drink, no matter how small – or large – the serving. A piece of candy, package of Oreos, handful of nuts or soft drink or juice.... ANYTHING that crosses your lips.

Do it NOW!

Write it down immediately. Don't depend on your memory at the end of the day.... Record as you go.

Be specific –

If you eat a BLT, write it down. Include WHAT you eat with it (bread, mayo, cheese, onion rings, fries, cappuccino, chips, etc.) If you use oil to cook with, write down the exact oil used (olive, sesame, coconut, butter, etc).

Tell the truth

There's nothing to be gained by trying to look good or please us when you are filling out the food log. We can help you more if we know exactly what you're eating so help us!

EXAMPLE

BREAKFAST/LUNCH/DINNER. No snacks today.... includes supplements and 2 quarts of water.

2 eggs	Corned beef on rye	Caesar salad
1packet oatmeal	with the works	Lasagna @ Olive Garden
Half 'n half	Cookie	Bread sticks
2 black coffee	Water	Extra tomato sauce