



## Tips for Completing an Accurate Food Record

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- ◆ **Complete it for 3 days.** The food record should be for 3 days of intake unless otherwise specified. Include the day and date at the top of each form. The 3 days can be consecutive or non-consecutive, but try to include at least one weekend day and one weekday.
- ◆ **Use a separate form.** Use a separate sheet for each day of the food record. Multiple sheets are included.
- ◆ **Carry it with you.** Carry the food record with you during the day and document your or your child's meals and snacks soon after they are eaten. It is surprisingly difficult to recall what you or your child ate days or even hours later.
- ◆ **Describe combination foods.** If you or your child are eating combination foods, such as pizza with various toppings, make sure to record those ingredients.
- ◆ **Estimate serving sizes.** Estimate the serving size to the best of your ability. If you are uncertain, estimate using familiar objects. For example, you can use "palm of your hand" to estimate the size of a chicken breast or "baseball" to estimate the size of an ice cream serving.
- ◆ **Record time.** Record the appropriate time each meal or snack is eaten.
- ◆ **Write down beverages.** Make sure to record all beverages that you or your child consume. This also includes no-calorie drinks such as diet sodas and unsweetened iced teas. Make sure to include water intake!
- ◆ **Don't worry.** If you weren't able to complete the food record for whatever reason, please still keep your appointment.
- ◆ **Questions?** If you have any questions about completing the food record or would like to talk before your appointment, please feel free to contact Nicole Meadow, MPN, RD at (818) 304-1876 or email [nicole@nicolemeadow.com](mailto:nicole@nicolemeadow.com)