

### **Why a Food Diary?**

Food diaries are helpful tools in understanding the food choices we make and the dietary habits we follow. A nutritionist will review your records to identify eating behaviors and to provide personalized suggestions based on your routine. Enclosed is a sample of a food diary to complete for at least one week (7 days) prior to your appointment with a nutritionist. Please bring this diary to your initial meeting with the nutritionist for a more efficient and productive discussion. Note: This Food Diary is a non-judgmental tool, and is completely confidential

### **How do I keep this Food Diary?**

This food tracks food choices, portion sizes, hunger and fullness levels, feelings and mood, as well as energy intake and output. In the Food/Drink column, please indicate every food or beverage that you put into your mouth, including alcohol. This will help the nutritionist get an accurate picture of your nutritive and caloric intake. Enclosed is a graphic of food portion sizes to help you best estimate the amount of a certain food eaten. Please know that the food diary is only helpful to the change process if the recorder is honest and accurate.

The bottom of the food diary contains a *Hunger-Fullness* scale. Please use this numerical scale as a guide to address how hungry you are prior to eating, and how full you get when you finish eating.

It is also important to identify other concerning eating behaviors, such as bingeing or purging. If you consider something you ate to be a binge, note this by placing a (B) in the B/P column. If you engaged in purging behavior to compensate in some way for your eating, indicate this by place a (P), and identify what type of purging behavior occurred, i.e. vomiting, laxative use, exercise, diuretics, etc.

Also include physical activity and exercise during your week of food record keeping such as type of activity and duration of time.

# Food Diary

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Today is: Su M Tu W Th F Sa

Food or Drink (Description/Amount)	Time	*Hunger Level	Where?	With Whom Doing What	Feelings/Mood	*Fullness After Eating	Physical Activity	B/P

## \*Hunger- Fullness Scale

*Starved*

*Very Hungry*

*Hungry*

*Slightly Hungry*

**Balanced**

*Slightly Full*

**Full**

*Very Full*

*Stuffed*

0

1

2

3

4

5

6

7

8

9

10

# *Food Diary*

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Today is: Su M Tu W Th F Sa

Food or Drink (Description/Amount)	Time	*Hunger Level	Where?	With Whom Doing What	Feelings/Mood	*Fullness After Eating	Physical Activity	B/P

\*Hunger- Fullness Scale

*Starved*      *Very Hungry*      *Hungry*      *Slightly Hungry*      **Balanced**      *Slightly Full*      **Full**      *Very Full*      *Stuffed*  
 0                  1                  2                  3                  4                  5                  6                  7                  8                  9                  10

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Date: \_\_\_\_\_

Today is: Su M Tu W Th F Sa

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9

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# '53 COMMONS

# PICTURE THIS HOW TO VISUALIZE PORTION SIZES

DRY CEREAL



1 OZ

BASEBALL



HOT CEREAL,  
RICE, PASTA



8 OZ

1 TENNIS BALL



BEANS &  
LEGUMES



1 OZ

DECK OF  
CARDS



SALADS



1 OZ

1/2 SOFTBALL



CUT VEGETABLES



1 OZ

DECK OF  
CARDS



CUT FRUIT



4 OZ

1/2 BASEBALL



COOKED  
VEGETABLES



4 OZ

1 1/2 HOCKEY  
PUCKS



MEATS

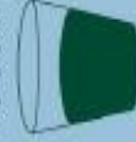


3 1/2 OZ

1 1/2 DECK  
OF CARDS



YOGURT

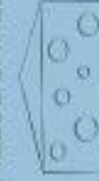


4 OZ

2 HOCKEY  
PUCKS



FETA, COTTAGE  
CHEESE SHREDS



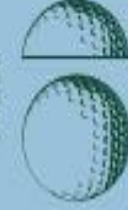
1 OZ

ICE CREAM &  
FROZEN YOGURT



4 OZ

1 1/2 GOLF  
BALLS



HASH BROWNS,  
POTATO FRIES



4 OZ

1 1/2 HOCKEY  
PUCKS



COOKED EGGS



6 OZ

1 1/2 DECK  
OF CARDS



SPREADS, SAUCES  
& DRESSINGS  
1 OZ OR  
2 TABLESPOONS



1/2 GOLF BALL



12  
FLOZ

10  
FLOZ

12 FLOZ

4.5  
FLOZ

24  
FLOZ