



Medical Nutrition Risk Reduction Clinic Food Record Instructions

Please record everything you eat and drink for:

4 DAYS: 3 WEEKDAYS AND 1 SATURDAY OR SUNDAY

1. Record each meal and snack right after you eat it. Note the time and indicate whether the food was a meal or a snack.
2. Write each food on a separate line.
3. Fully describe your food and beverages. Identify brand names if known and list the main ingredients in home dishes, recipes, and mixed dishes.
4. Write down the amount of food and beverages you eat or drink. Measure your food using cups, spoons, a ruler, or the food label. For beverages use fluid ounces.