



## **KEEPING A FOOD CONSUMPTION LOG**

A food consumption log is generally used for an entire week in order to keep track of what you are consuming and help you make changes in your diet. The information you record will help us design a program that will meet your specific needs. By writing things down as you go, information and habits emerge that we tend to otherwise not see.

It is unnecessary to change your eating habits during this tracking period as this allows us to see your general eating patterns up until now.

Looking good on paper is unproductive for both of us! Please be truthful and complete in filling out the log. Write down everything, even if it's a small piece of candy. Then we can make good decisions and progress.

Here are instructions for each column on the food log:

**How much:** Indicate in this space the amount of a particular food/beverage item you consumed. Estimate the size, the volume, the weight and/or the number of items consumed of that type of food. For example, was it  $\frac{1}{4}$  cup of vegetables or 2 cups? How big was the piece of cake?

**What kind:** Write down the type of food/beverage you ate being very specific. Was it a baked potato or French fries? Include any extras such as condiments like mayonnaise and ketchup, as well as any dressings, sauces or gravies. Make sure to write down all beverages that you consume throughout the day, even zero calorie ones.

**Time:** Indicate the time of day that you consumed this item.

**Where:** Be specific as to what room of the house you were in. Or if you were not at home list the location such as at a restaurant or in your car.

**Alone or with someone:** Write down if you were alone or list the people you were with and their relationship to you.

**Activity:** List any activities you were doing while you were eating/drinking such as watching TV, working, driving, reading, talking on the phone etc.

**Mood:** What were you feeling while you were eating/drinking? Were you happy, anxious, depressed?

