



FIRST STEP TO WELLNESS

Daily Record of Food Intake 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 pass-thru-the-kitchen-to-get-to-the other-room nibbles. Be as specific as possible. Include sauces, gravies, or any condiments. Include the brand name.

Write down every morsel.

Keep your form with all day and write down everything you eat 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.

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 are eating, so please help us.

EXAMPLE:

BREAKFAST / LUNCH / DINNER - No snacks today. Include supplements and two quarts of water.

2 eggs 1 packet oatmeal Half n Half 2 black coffees	Corned beef on rye with the works Cookie Water	Caesar Salad Lasagna at Olive Garden Bread Sticks Extra tomato sauce
--	---	---

