

## How To Report Your Intake Using a Food Record

Please be as precise as possible. DESCRIPTION of food and AMOUNT of food are the most important factors. Reporting a "bowl of cereal" for breakfast or a "bag of chips" for a snack is insufficient; picture the cereal aisle and snack chips aisle in your grocery store! The food analysis program contains thousands of foods in its database. The more specific the details about the food, the more accurate the analysis will be. When in doubt, use weight rather than volume (usually in grams on the Nutrition Facts Label, or using a kitchen scale). Also, include brand names whenever possible.

### TOO VAGUE

#### Breakfast:

Scrambled eggs  
Toast  
Orange Juice

Scrambled eggs made with 2 large eggs and ¼ cup whole milk, fried in 2 tsp butter  
Two slices Wonder White Bread, toasted, with 1 tsp butter on each slice  
8 fluid ounces Minute Maid orange juice from concentrate (carton, not frozen)

#### Lunch:

Turkey sandwich w/mayo  
Bag of Potato Chips  
Can of soda  
1 scoop ice cream

Sandwich made with 3 oz Sara Lee turkey breast, 1 Tbsp reduced fat Hellman's mayonnaise, 2 large iceberg lettuce leaves, and 2 slices deli rye bread with caraway seeds  
Baked Lays BBQ flavor 2-ounce bag potato chips  
12-oz can regular Pepsi  
½ cup Ben & Jerry's New York Super Fudge Chunk Ice Cream

#### Dinner:

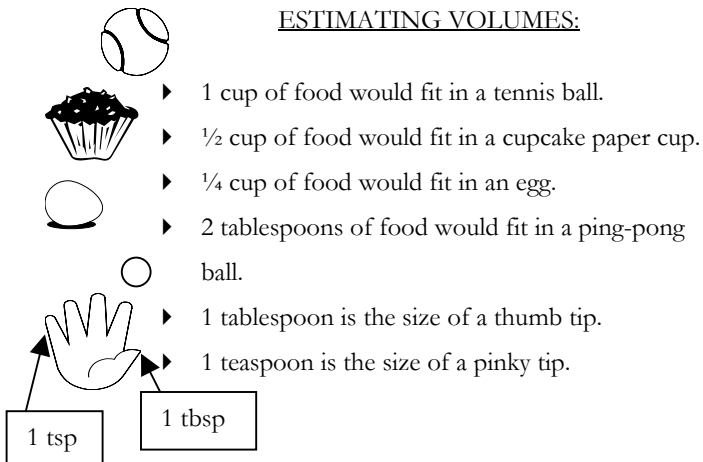
Pasta Primavera  
Peaches

Pasta Primavera. The recipe was 1 pound of noodles, 1 packet of McCormick Primavera Mix, 2 cups of water, 3 tablespoons of canola oil, and 2 cups mixed vegetables; I used 2 cups of frozen cubed carrots and peas. I ate ¼ of the recipe.  
1 8-oz can of Del Monte cling peaches in light syrup

Sometimes, you just can't measure food. If you're out or at a party, it may be rather unacceptable to whip out your food scale or measuring cups. Here are some tips for recording food you eat outside of your home:

- Make a point of remembering the components of your meal, and write them down soon after (or, during, if possible).
- If you went to a chain restaurant, you can often get information online, or you can ask for a brochure or menu to take with you.
- If someone made something for you, tell them how yummy it was and ask how they made it.
- In restaurants and cafeterias, ask the server / foodservice manager what's in the food. Sometimes they can provide you with an ingredient list or recipe.

### ESTIMATING VOLUMES:



### ESTIMATING WEIGHTS:

- ▶ 3 ounces of meat, fish, or poultry is about the size of a deck of cards.
- ▶ 1 ounce of cheese is the size of 2 standard dice.
- ▶ 1 ounce of nuts or small candies is one handful.
- ▶ 1 ounce of chips is two handfuls.

