



Daily Nutritional Log Guidelines

- ✓ List all foods consumed daily.
- ✓ List foods individually with accurate measurement and descriptions; examples 1 tablespoon Hellmann's light mayonnaise, 1 cup fresh blueberries or 4ozs. grilled chicken breast without skin.
- ✓ In order for your analysis to be accurate, it is important that you are as specific as possible in your food descriptions. Include brands such as; Kellogg's, Nestle, Quaker etc...
- ✓ Our nutritional data base includes a variety of brands for packaged foods and we can give a complete analysis on most brand names.
- ✓ If your diet includes a brand that is not common, please bring the food label with you and we will add it to our data base.
- ✓ Keep to your normal eating patterns and amounts. Try to avoid altering your daily eating pattern during the evaluation process. In order to provide useful guidance, we need to have an accurate baseline that includes your individual intake and schedule of eating patterns.

Tips for making your food log accurate

- Carry your log with you and complete it as you go.
- Be aware of your portion sizes and be as specific as possible; try to measure or weigh your food for this baseline period.
- Note your eating situations such as when and where you are eating. This will help to identify patterns that might be changed to promote more healthful eating for you. Example: one bagel with one tablespoon cream cheese at breakfast meeting.
- Also note your mood. Example: 2 oz bag of Cape Cod potato chips while watching TV or one apple while rushing to business meeting.
- Use the hunger scale to note your hunger before and after eating.