Lindenwood University
Exercise, Nutrition and PerformanceLaboratory

Name/Subject ID _____ Day 1 2 3 4

INSTRUCTIONS

1. Record everything you eat for 4 days (including one weekend day). If you eat pretzels, record how many you eat. If a bag of chips, record the number of ounces. For drinks, record the number of cups or ounces. Record everything you drink except water.
2. Record the Food, Amount, Brand Name, and Preparation Methods. For example: baked vs. fried chicken; 1 cup o

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2. Record the Food, Amount, Brand Name, and Preparation Methods. For example: baked vs. fried chicken; 1 cup of rice; 2 teaspoons of margarine; 1 cup of 2% milk; McDonald's, Healthy Choice, or Frosted Flakes.
3. Record immediately after eating. Waiting until that night may make it difficult to remember all foods and quantities
4. BE VERY SPECIFIC! A turkey sandwich contains turkey (how many slices?), mayo/mustard (how much?), bread (what kind/how many slices?), cheese (what kind/how many slices?), lettuce, tomatoes, avocado, etc, etc.
5. Use the portion size comparison to better estimate quantity. The more detailed you are, the better information we can give you back.

Food (include brand)	Method of Preparation	Quantity (cups, oz., no.)
BREAKFAST:		
LUNCH		
DINNER		
SNACKS		

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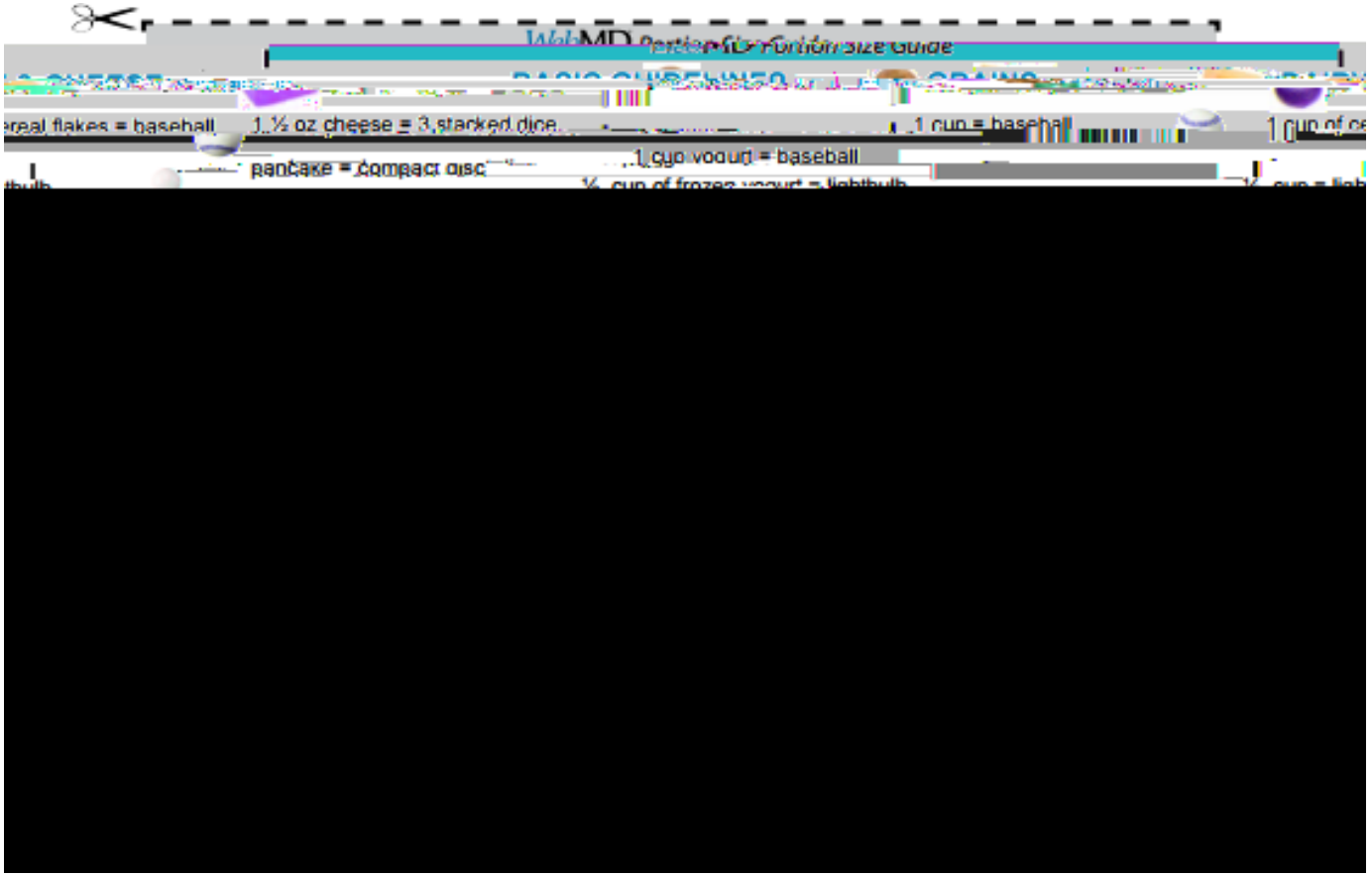
WebMD Portion Size Guide
1 cup = baseball
1 cup of yogurt = baseball
pancake = compact disc