

Insight Family Health Center

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KEEPING A FOOD DIARY

We ask that everyone who comes for a new patient appointment at Insight Family Health Center keep a food diary for 2-3 days.

Instructions

The information you record in your food diary will help us design an eating program to meet your special needs. These instructions will help you get the most out of your food diary. Generally, food diaries are meant to be used for a whole week. We ask that you at least keep a food diary for 2-3 days.

How Much:

In this space indicate the amount of the particular food item you ate and the number of calories of that item. Estimate the size (2"X 1"X 1"), the volume (1/2 cup), the weight (2 ounces) and/or the number of items of that type of food.

What Kind:

In this column, write down the type of food you ate. Be as specific as you can. Include sauces and gravies. Don't forget to write down "extras," such as soda pop, salad dressing, mayonnaise, butter, sour cream, sugar and ketchup.

Time:

Write the time of day you ate the food.

Where:

Write what room or part of the house you were in when you ate. If you ate in a restaurant, fast-food chain or your car, write that location down.

Alone or with whom:

If you ate by yourself, write "alone." If you were with friends or family members, list them.

Activity:

In this column, list any activities you were doing while you were eating (for example, working, watching TV, and ironing).

Mood:

How were you feeling while you were eating (for example, sad, happy, depressed, stressed)?

Helpful Hints:

1. Don't change your eating habits while you're keeping your food diary.
2. Tell the truth. There's nothing to be gained by trying to look good on these forms. We can only help you if you record what you really eat.
3. Record everything that you eat for 2-3 days.
4. Keep your form with you all day and write down everything you eat or drink.
5. Don't depend on your memory at the end of the day. Record your eating as you go.
6. Be sure to bring the completed forms to your appointment.

