Food record form

You can complete the highlighted fields on this form online and then print the form for easy reference. Only text that is visible on the form is printed; scrolled text will not print. Any text you enter into these fields will be cleared when you close the form; you cannot save it.

A food record can help you evaluate your diet and track your progress in making changes.

Use the form below to keep a food record over several days. Categorize the foods you eat into food groups and each day fill in a check box to account for the servings you eat from each food group. See below for an example on how to do this.

Grains (bread, cereal, pasta, rice)	☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Vegetables	☐ ☐ ☐ ☐ ☐
Fruits	☐ ☐ ☐ ☐ ☐
Milk and milk products	☐ ☐ ☐ ☐
Meats and meat alternatives (nuts, eggs, fish)	☐ ☐ ☐
Other	☐

Sample food record

As you record your intake, fill in the check boxes to account for the servings you eat from each food group. To do this, you will have to know what a serving size is. For example, let's say your breakfast consisted of:

- 1.5 cups corn flakes [2 oz (57 g)]—two servings.
- 1 cup (237 mL) milk—one serving.
- 1 banana, sliced—one serving.
- 6 fl oz (177 mL) orange juice—one serving.

Based on this breakfast, you would fill in two check boxes for the grain group, one check box for the milk group, and two check boxes for the fruit group. Your record would look like this:

Grains (bread, cereal, pasta, rice)	☒ ☒ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐
Vegetables	☐ ☐ ☐ ☐ ☐
Fruits	☒ ☒ ☐ ☐ ☐
Milk and milk products	☒ ☐ ☐ ☐
Meats and meat alternatives (nuts, eggs, fish)	☐ ☐ ☐
Other	☐

How to use your food record form to track and improve your diet

At the end of your recording period, tally the total number of servings from each food group and divide by the number of days. Compare this with the recommended servings in the food guide pyramid.

After seeing which foods you need to eat more or less of, pick one or two changes that you want to work on. Don't try to change your whole diet at once. If you consistently eat too few fruits and vegetables, for example, you might try making a goal of eating one or more fruits and/or one or more vebetables per day. Then, instead of recording everything you eat, you could record only your fruits and vegetables.

Another way to track your food intake is to record what you eat for several days when you first start making changes in your diet. Then do it again in a few weeks or months. Compare your first record with your second. How have you improved?

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