



(310) 251-3886

## Instructions for Completing a Food Log

1. In the form on page two, please record everything you eat or drink for at least 3 days. Include 2 weekdays and 1 weekend. Remember to include beverages: alcohol, milk, soda, coffee, tea, etc.
2. Record the amount of food served in common portion sizes such as cups, teaspoons, tablespoons, or describe size.
3. Indicate how the food was prepared: fried, steamed, baked, raw, etc.
4. List brand names of food products if possible, for example, oatmeal might be "Steel Cut Oats".
5. Be sure to record all "extras" including salad dressings, oil, sauces, pickles, jelly, sugar, half & half, ketchup, margarine, butter, etc.
6. Indicate if the food is organic, grass fed, wild, farm raised, etc.

	Week Day __ / __ / __	Week Day __ / __ / __	Week Day __ / __ / __	Weekend __ / __ / __
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Dessert				
Water *Check box for every 8 oz. glass of water	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>