
Food Diary

Instructions

To assist you in reaching your goals for fueling athletic performance and to customize a nutrition plan for you, it is important to know your current eating habits. On the following pages, please write down everything you eat and drink for 3 days. Try to pick 3 days that are “typical” of the way you eat. If possible, choose 2 weekdays and 1 weekend day. Do not try to change your eating habits during the 3 days of record keeping.

If you have any questions about completing this form, please contact your sports dietitian at:

Helpful Hints

Record what you have eaten as soon as possible after meals. This makes it much easier to remember what and how much you eat. Remember the following:

- **Preparation:** How was the food cooked? Was it baked, grilled, fried, steamed, or baked? Was it fresh, frozen or canned?
- **Portion size:** Indicate how much of each food you eat by using cups, ounces, teaspoons, or tablespoons, or a “handful” where possible. For meats, estimate the ounces you eat. (A deck of cards or a computer mouse is about a 3-ounce portion.)
- **Include the fluids that you drink.** List the amounts and the types, and the times that you drink them.
- **Include the “extras” or condiments you eat:** Do you put cream or sugar in coffee? Is your tea sweetened or unsweetened? Do you use ketchup, mustard, mayonnaise, steak sauce, or salsa on foods?
- **Be specific:** If you eat bread, is it white, wheat, whole wheat, rye, honey wheat or multigrain? If you drink milk, is it whole, 2%, 1%, skim, soy, or rice milk?

