

How to Fill Out a Food Log

1. List everything you eat and drink for a **minimum of three days**. Make one of the three days a **weekend day** due to the fact that most of us tend to eat differently over the weekend.
2. Write the **time** you ate the meal/snack, list each **individual food item** (for example, list all the ingredients in a salad instead of just writing “salad”), and list the specific measurable amount (cups, tablespoons, teaspoons etc).
3. Make your food log as **detailed as possible**. Be honest and thorough with your logging. The more detail you provide the better. Include things such as brand name, restaurant name, cooking method, oils used to cook etc.
4. **Include Nutrition Information if you have it!** Use nutrition labels, restaurant online nutrition information or even smart phone apps such as MyFitness Pal. There are many ways to find the nutrition information for what you’re eating.
5. **HAVE FUN!** Remember this is not supposed to be stressful or exhausting but a good time to “get to know your food” and potentially discover some things about your food habits that you may have not realized.



The secret to serving size is in your hand.



A fist or cupped hand = 1 cup

1 cup = 1½-2 servings of fruit juice
1 oz. of cold cereal
2 oz. of cooked cereal, rice or pasta
8 oz. of milk or yogurt

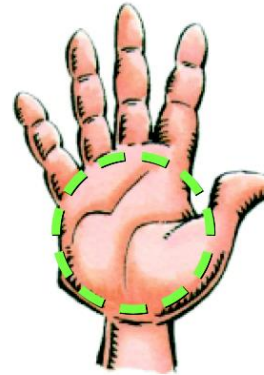
A thumb = 1 oz. of cheese

Consuming low-fat cheese helps you meet the required servings from the milk, yogurt and cheese group.
1½ oz. of low-fat cheese counts as 8 oz. of milk or yogurt.



Handful = 1-2 oz. of snack food

Snacking can add up.
Remember, 1 handful equals 1 oz. of nuts and small candies.
For chips and pretzels, 2 handfuls equal 1 oz.

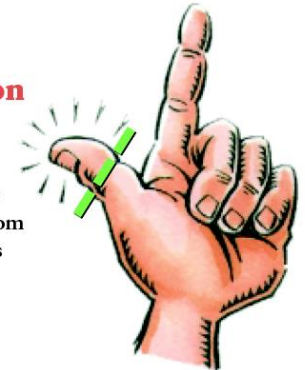


Palm = 3 oz. of meat

Choose lean poultry, fish, shellfish and beef. One palm size portion equals 3 oz. for an adult and 1½-2 oz. for a child under 5.

Thumb tip = 1 teaspoon

Keep high-fat foods, such as peanut butter and mayonnaise, at a minimum. One teaspoon is equal to the end of your thumb, from the knuckle up. Three teaspoons equals 1 tablespoon.



1 tennis ball = ½ cup of fruit and vegetables

Healthy diets include a variety of colorful fruits and vegetables every day.



Because hand sizes vary, compare your fist size to an actual measuring cup.

Iowa WIC Program - Iowa Department of Public Health - 2007
Adapted from North Carolina Nutrition Network

Example Food Log

Name: Jane Doe

Date: Monday/Day #1- 11/23/15

Breakfast- <u>8 AM</u>	Amount	Additional Notes/Description
Scrambled eggs	2 whole	Scrambled eggs with one spray of canola oil.
Nature's Own 100% whole wheat toast	1 slice	
Smucker's sugar free raspberry jelly	1 Tbs	
Hood skim milk	8 oz	
Morning Snack- <u>11 AM</u>		
Chobani vanilla greek yogurt	5.3 oz	100 calories
Lunch- <u>1 PM</u>		
Baked salmon	3 oz	Leftover baked salmon cooked in foil in oven with olive oil.
Avocado	½	
Spinach	2 cups	Beans rinsed in colander.
Diced tomatoes	½ cup	
Bush's reduced sodium black beans	½ cup	
Wishbone reduced fat vinaigrette dressing	2 oz	
Afternoon Snack- <u>4 PM</u>		
1 Medium apple	1	
JIF natural peanut butter	1 Tbs	
Dinner- <u>7 PM</u>		
Grilled chicken breast	4 oz	Olive oil added to chicken after grilling.
Brown rice	2/3 cup	
Carrot, onion, broccoli sauté	1 cup	Veggies sauteed with one spray canola oil just until tender.
Extra virgin olive oil	2 tsp	
Evening Snack- <u>9PM</u>		
1" squares Endangered Species Dark Mint Chocolate	3	

Name: _____

Date: _____

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Morning Snack- _____		
Lunch- _____		
Afternoon Snack- _____		
Dinner- _____		
Evening Snack- _____		

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