



Cristina Sutter, MHSc
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Chronic Disease, Digestive Disorders, Emotional Eating, Food Allergy or Intolerance, Healthy Weight, Pregnancy, Feeding Your Kids, Sport Nutrition

Keeping a Food Record

Please record everything you eat and drink for 3 – 5 days. This helps you become aware of your eating habits and gives the dietitian important information about your usual food choices, so try to be as “typical” with your diet as possible. Please bring the your food diary with you to your first appointment with the dietitian.

1. **Write down everything.** Keep your food record with you all day e.g. on your computer, in your purse or in the kitchen.
2. **Do it now.** Don't depend on memory at the end of the day. Record your food when you eat it.
3. **Write the times.** Include the times of your meals and snacks too.
4. **Be specific.**
 - a. **Type of food:** Include the brand name, type and flavour of the food.
e.g. Nature Valley granola bar peanut butter flavour
 - b. **Portion size:** Record the amount in tablespoons, cups, ml, number of pieces, size of each piece.
e.g. 2 Tbsp Adams peanut butter, salted
 - c. **Cooking method:** Describe how the meal was cooked or prepared.
e.g. skinless chicken breast fried in 1 tsp oil with 1 Tbsp salsa sauce
 - d. **Include the extras:** Include sauces, oil, gravies, salad dressing, mayonnaise, butter, sour cream and sugar.
e.g. ¼ cup Kraft Ranch salad dressing
 - e. **Liquid Intake:** Record the amounts of all the fluids you drink e.g. water, juice, coffee, milk, pop, alcohol and tea.
e.g. 1 L water bottle throughout day
5. **Tell the truth.** Your dietitian understands that you enjoy your favorite foods and will work these into your diet plan.
6. **Record your exercise.** Write down the type and length of exercise you do on a given day.
7. **Record your supplements.** Bring the actual bottles of your supplements and medications to your first appointment, or write a list that includes the amounts of all the nutrients in the supplements.