

You are receiving these instructions because the research study you are participating in asks that you keep a diet record for a specified number of days. If after reading these instructions you have further questions regarding your diet record, please contact Stephanie Jung at 720-848-5522, Stephanie.Jung@ucdenver.edu.

What is a diet record?

A diet record is simply a “food journal” you carry with you throughout the day. It is where you will record detailed descriptions of all food and beverages you consume. Diet records are typically kept for 3 full days- that is 2 weekdays and 1 weekend day. Your study team will let you know how many days you will be keeping a diet record for.

Important Information:

- ! Please do not change your eating habits while keeping this diet record
- ! Record food as you eat, do not wait to record later
- ! Only record the portion of food you actually consume
- ! When you record an item that consists of a combination of foods, please break it down into individual components:
 - i.e. Turkey Sandwich
 - ↵ 2 slices whole wheat bread
 - ↵ 2 oz deli turkey breast, 95% lean
 - ↵ 1 slice Kraft Fat Free American cheese
 - ↵ 2 tsp Miracle Whip

What kinds of information will I need to include on my diet record?

The general information you will be asked to list on your diet record is:

- ✓ Name and Type of Food/Beverage *peanut butter, egg, hamburger, spaghetti...*
- ✓ Nutrition Claims *diet, sugar-free, 2%, fat-free, low-sodium, gluten-free...*
- ✓ Brand Name *Cheerios, Lean Cuisine, Yoplait, Heinz...*
- ✓ Restaurant Name *McDonalds, Olive Garden, Pizza Hut, Jimmy Johns...*
- ✓ Preparation Methods *Grilled, boiled, fried, baked, roasted, steamed, microwave. Please include marinades, oil, seasonings, & condiments*
- ✓ Quantity/Amounts *Cups, Ounces, Grams, Lbs, mL, “baseball sized”, “golf-ball size”...*

Details about each food and beverage item you consume are crucial to us, so please include as many details as you can! The more details you include, the less likely you will be to receive a call from us later on to get those details.

Food:	Amount:	Missing information:
Ground beef	½ cup	How was it prepared? % fat?
Chicken	1 piece	Which piece? With skin? How was it prepared?
Sugar cookie	1 each	Brand name or homemade? How big in diameter?
Pizza	1 slice medium pizza	Thick or thin crust? Toppings? Pizza size (diameter) and number of slices in whole pizza?
Corn flakes	1 medium bowl	How many cups? What brand? Milk? % fat? How much?
Cottage cheese	1 cup	Brand? % fat?
Beef taco with cheese	1 each	Homemade or restaurant/brand name? What toppings and type of cheese? Flour or corn tortilla?

Food Record – Day 1

3-Day Diet Diary Form and Instructions

Clinical and Translational Research Center (CTRC) Nutrition Core

Name: _____

Date: _____

Phone Number: _____

Protocol number: _____

List All Consumed Foods, Snacks, and Beverages in detail	Quantity / Amount Grams, Ounces, Cups, Number/count, "golf ball size", "tennis ball size", diameter in inches...	Did this food have any type of Nutrition Claim? 1% fat, fat-free, light, low carb, 99% lean... If so, please list below:	Brand Name? Yoplait, Lean Cuisine, Kashi, Pepsi, Progresso, Kroger/generic... Restaurant name? McDonalds, Qdoba, Chili's....	Preparation method Baked, Boiled, Grilled, Fried, Steamed, Sauteed... Did you add any butter/oil? Did you add any salt?

List All Consumed Foods, Snacks, and Beverages in detail	Quantity / Amount Grams, Ounces, Cups, Number/count, "golf ball size", "tennis ball size", diameter in inches...	Did this food have any type of Nutrition Claim? 1% fat, fat-free, light, low carb, 99% lean... If so, please list below:	Brand Name? Yoplait, Lean Cuisine, Kashi, Pepsi, Kroger/generic... Restaurant name? McDonalds, Qdoba, Chili's....	Preparation method Baked, Boiled, Grilled, Fried, Steamed, Sauteed... Did you add any butter/oil? Did you add any salt?

Food Record – Day 2

Name: _____

Date: _____

Phone Number: _____

Protocol number: _____

List All Consumed Foods, Snacks, and Beverages in detail	Quantity / Amount Grams, Ounces, Cups, Number/count, "golf ball size", "tennis ball size", diameter in inches...	Did this food have any type of Nutrition Claim? 1% fat, fat-free, light, low carb, 99% lean... If so, please list below:	Brand Name? Yoplait, Lean Cuisine, Kashi, Pepsi, Kroger/generic... Restaurant name? McDonalds, Qdoba, Chili's...	Preparation method Baked, Boiled, Grilled, Fried, Steamed, Sauteed... Did you add any butter/oil? Did you add any salt?

List All Consumed Foods, Snacks, and Beverages in detail	Quantity / Amount Grams, Ounces, Cups, Number/count, "golf ball size", "tennis ball size", diameter in inches...	Did this food have any type of Nutrition Claim? 1% fat, fat-free, light, low carb, 99% lean... If so, please list below:	Brand Name? Yoplait, Lean Cuisine, Kashi, Pepsi, Kroger/generic... Restaurant name? McDonalds, Qdoba, Chili's....	Preparation method Baked, Boiled, Grilled, Fried, Steamed, Sauteed... Did you add any butter/oil? Did you add any salt?

Food Record - Day 3

Name: _____

Date: _____

Phone Number: _____

Protocol number: _____

List All Consumed Foods, Snacks, and Beverages in detail	Quantity / Amount Grams, Ounces, Cups, Number/count, "golf ball size", "tennis ball size", diameter in inches...	Did this food have any type of Nutrition Claim? 1% fat, fat-free, light, low carb, 99% lean... If so, please list below:	Brand Name? Yoplait, Lean Cuisine, Kashi, Pepsi, Kroger/generic... Restaurant name? McDonalds, Qdoba, Chili's....	Preparation method Baked, Boiled, Grilled, Fried, Steamed, Sauteed... Did you add any butter/oil? Did you add any salt?

<p>List All Consumed Foods, Snacks, and Beverages in detail</p>	<p>Quantity / Amount Grams, Ounces, Cups, Number/count, “golf ball size”, “tennis ball size”, diameter in inches...</p>	<p>Did this food have any type of Nutrition Claim? 1% fat, fat-free, light, low carb, 99% lean... If so, please list below:</p>	<p>Brand Name? Yoplait, Lean Cuisine, Kashi, Pepsi, Kroger/generic... Restaurant name? McDonalds, Qdoba, Chili’s....</p>	<p>Preparation method Baked, Boiled, Grilled, Fried, Steamed, Sauteed... Did you add any butter/oil? Did you add any salt?</p>

Determining Portion Size

The **BEST** methods:

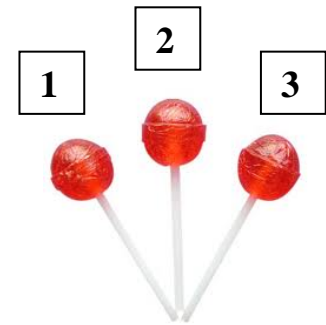
1. **Weighing** food on a food scale



2. **Measuring** with cups or spoons



3. Taking **Dimensions** with measuring tape or a ruler

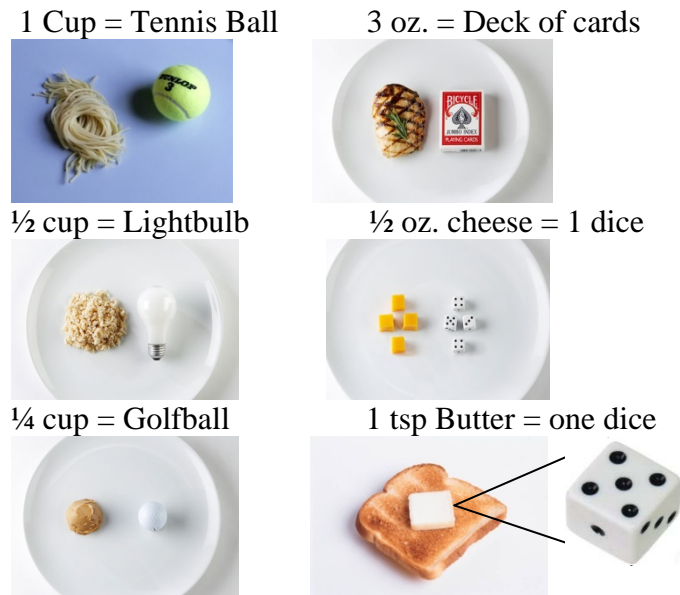


4. **Counting** or **Reading the Nutrition Labels** for individual or prepackaged items

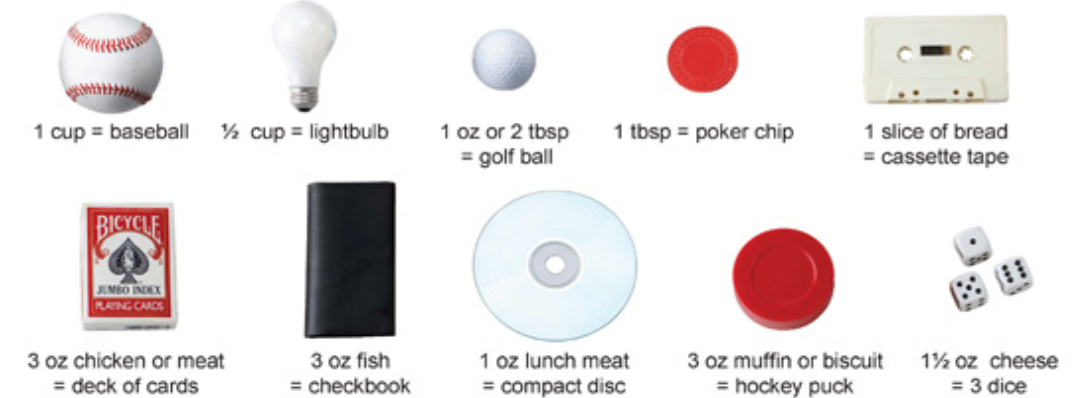


Nutrition Facts	
Serving Size 4 oz. (113g)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 3.5g	18%

If you cannot Weigh or Measure a food item, try and **Visualize your Portion Size:**



BASIC GUIDELINES



Hand Symbol	Equivalent	Foods
	Fist 1 cup	Rice, pasta Fruit Veggies
	Palm 3 ounces	Meat Fish Poultry
	Handful 1 ounce	Nuts Raisins
	2 Handfuls 1 ounce	Chips Popcorn Pretzels
	Thumb 1 ounce	Peanut butter Hard cheese
	Thumb tip 1 teaspoon	Cooking oil Mayonnaise, butter Sugar

- GRAINS**
 - 1 cup of cereal flakes = baseball
 - 1 pancake = compact disc
 - 1/2 cup of cooked rice = lightbulb
 - 1/2 cup cooked pasta = lightbulb
 - 1 slice of bread = cassette tape
 - 1 bagel = 6 oz can of tuna
 - 3 cups popcorn = 3 baseballs
- DAIRY & CHEESE**
 - 1 1/2 oz cheese = 3 stacked dice
 - 1 cup yogurt = baseball
 - 1/2 cup frozen yogurt = lightbulb
 - 1/2 cup ice cream = lightbulb

- FRUITS & VEGETABLES**
 - 1 medium fruit = baseball
 - 1/2 cup grapes = about 16 grapes
 - 1 cup strawberries = about 12 berries
 - 1 cup of salad greens = baseball
 - 1 cup carrots = about 12 baby carrots
 - 1 cup cooked vegetables = baseball
 - 1 baked potato = computer mouse
- FATS & OILS**
 - 1 tbsp butter or spread = poker chip
 - 1 tbsp salad dressing = poker chip
 - 1 tbsp mayonnaise = poker chip
 - 1 tbsp oil = poker chip

- MEATS, FISH & NUTS**
 - 3 oz lean meat & poultry = deck of cards
 - 3 oz grilled/baked fish = checkbook
 - 3 oz tofu = deck of cards
 - 2 tbsp peanut butter = golf ball
 - 2 tbsp hummus = golf ball
 - 1/4 cup almonds = 12 almonds
 - 1/4 cup pistachios = 24 pistachios
- SWEETS & TREATS**
 - 1 piece chocolate = dental floss package
 - 1 brownie = dental floss package
 - 1 slice of cake = deck of cards
 - 1 cookie = about 2 poker chips