

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. After reading these instructions, if you have questions regarding your diet record, please e-mail CTRC.Nutrition@ucdenver.edu

What is a diet record?

A diet record is simply a “food journal” you carry with you all day. In this journal, you will record a detailed description of everything you eat and drink.

What kind of information will you need to include on your diet record?

1. List all the foods, snacks and beverages you ate in detail
 - a. Describe the food or drink items that you ate
2. How much did you eat?
 - a. At the best of your ability record the amount of food you ate
 - b. Best Methods:
 - i. Weighing food on a scale after it’s been cooked
 - ii. Measure with household measurement (measuring cups, tablespoons/ teaspoons, etc.)
 - iii. Count the number of food items, if practical (grapes, pretzels, m&ms, etc.)
3. Did this food have any type of Nutrition Claim?
 - a. Example: fat free, sugar free, reduced sodium, 80% lean, etc.
4. Brand name or Restaurant name?
 - a. Example: Chobani, Takis, Progresso, Chick-Fil-A, Pizza Hut, etc.
5. How was this food prepared?
 - a. Examples: microwaved, steamed, boiled, baked, fried, sautéed, premade, etc.
 - b. You will also write if you added any condiments such as soy sauce, teriyaki sauce, butter, oil, salt, etc.

Important Information:

- Eat as you normally would
- Record food as soon as you finish eating, instead of waiting till later
- Only record the portion of food you actually ate, rather than recording everything you were served
- Be as accurate and descriptive as possible
- When you record a meal that consists of mixed items, please break it down by putting one item per line; for example burrito bowl:

<i>List all the Foods, Snacks, and Beverages you ate in detail</i>	<i>How much did you eat? Grams, Ounces, Cups, Number/count</i>	<i>Did this food have any type of Nutrition Claim? Fat-free, light, 99% lean</i>	<i>Brand Name? Restaurant name?</i>	<i>How was this food prepared? Baked, Boiled, Grilled, Fried, Steamed, Sautéed Did you add any butter/oil? Did you add any salt?</i>
Brown Rice	1 cup	Whole Grain	Uncle Ben's Ready Rice	Microwaved
Chicken breast strips	4 ounces	100% all natural fully cooked	Tyson	Grilled
Black Beans	½ cup	No Salt	Kroger	Heated in pan
Hot tomato salsa	2 tablespoons		Herdez	
Sour Cream	1 tablespoon	50% less fat	Daisy	
Mexican Style Blend Shredded Cheese	1 tablespoon		Kroger	
Guacamole	2 tablespoons		Wholly Guacamole	Pre-made
Peppers and Onions	¼ cup			In pan with a tablespoon of olive oil
Dr. Pepper	12 ounce can			

2 cupped hands =
(1 oz chips, popcorn
or snack food)

Tip of Thumb =
(1 tsp cooking oil
or mayonnaise)

1 palm =
(3 oz meat or fish)

Thumb =
(1 tbsp peanut butter,
butter or 1 oz
hard cheese)

1 cupped hand =
(1 oz nuts or 1/2 cup
rice and pasta)

1 fist =
(1 cup vegetables
or fruit)

Portion distortion - size it right!



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