

Food Diary and Food Frequency

How to write a food diary

1. Write down everything that you eat or drink for 3 days (these should be typical days).
2. Include one weekend day and 2 weekdays.
3. Use one food record sheet for each day.
4. If you have diabetes, please record your blood sugars in the 2nd column.
5. Write things down right after you eat.
6. Write down the amount of food you ate.
7. **Details count!** Describe the food in as much detail as you can.
 - Include brand names if appropriate.
 - Describe cooking methods.
 - Use measuring cups, spoons or a scale whenever possible.
 - Remember to include fats or oils used in cooking or baking
 - Include the extra items added to foods, for example sugar, cream, salt or sauces.
8. Eat the way you normally eat. Do not change your eating habits.

Please list any food allergies, food intolerances or foods that do not agree with you.

Keep track of all foods eaten for 3 days on the following sheets.
Write down the foods as you eat them. Try to be as specific as possible.

Food Record – Day 1			
Date and Time	Blood Sugar	Food	Amount
Example: Nov 24 6:00 pm	6.2	pasta tomato meat sauce	2 cups 1 cup

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Food Record – Day 2			
Date and Time	Blood Sugar	Food	Amount

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Food Record – Day 3			
Date and Time	Blood Sugar	Food	Amount

Food frequency

Please write down how often you eat the foods listed below. For example; if you eat beef three times per week, then simply mark 3 in the “Week” column and leave the other columns blank. If you never eat a certain food, then just “X” the “Never” column.

	How Often					
Food	Day	Week	Month	Year	Never	Dietitian's Use
Example: Beef		3				
Meat and Alternatives						
Beef						
Pork						
Lamb						
Poultry						
Fish/Shellfish						
Organ meat (liver, kidney, etc.)						
Cold cuts/ sliced meats/ bacon						
Sausage/ hot dogs						
Eggs						
Nuts/seeds						
Beans, lentils, chickpeas						
Tofu/ tempeh						
Milk and Alternatives						
Cheese						
Soy milk						
Milk						
Cream						
Yogurt						
Ice cream/ frozen dessert						

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Food	How Often					Dietitian's Use
	Day	Week	Month	Year	Never	
Grains and Starches						
Cold cereal						
Hot cereal (oatmeal, etc.)						
Pasta/rice						
Potatoes						
French fries						
Crackers						
Bread/pita						
Muffins/bagels						
Soup						
Vegetables and Fruits						
Fresh fruit						
Fruit juice						
Salad/ raw veg						
Cooked veg						
Other foods						
Margarine/ butter						
Cream cheese						
Oil						
Salad dressing						
Mayonnaise						
Potato chips						
Soda pop						
Coffee/tea						
Wine						
Beer						
Liquor						
Cakes/pies						
Cookies/ squares						
Donuts, Danish, croissant						