

Food Record Instructions

Your food record will help you and the dietitian design an eating plan to meet your individualized nutrition goals. It is very important to follow these guidelines in order to get the most benefit from your nutrition consult:

1. **DON'T CHANGE YOUR EATING HABITS WHILE KEEPING OUR FOOD RECORD**, unless your doctor or dietitian has given you specific instructions to do so.
2. **Tell the truth.** Record what you really eat so you can get help with any nutrition issues you currently struggle with.
3. **Print enough copies of the food record form to record 3 days of dietary intake (including 1 weekend day).** Return and fax the completed food records and one completed cover sheet to: Pamela Watson, RD/LDN at 919.530.7805
4. **Once you have submitted your food record, call 919.530.6874 to schedule an appointment with the dietitian.** Results of your food record analysis generally are not available until one week after your forms are received, so please take this into consideration when selecting an appointment date.

Some basics

- **Write down EVERYTHING!** Keep your form with you all day long and write down everything you eat and drink. A piece of candy, a handful of pretzels, a bottle of soda or a small donut may not seem like much, but these calories can add up!
- **Do it now!** Don't depend on your memory at the end of the day. Record you're eating as you go.
- **Be specific.** Make sure you include 'extras,' such as gravy on your meat, cheese on your sandwich or vegetables, butter, and salad dressings.
- **Estimate amounts.** If you have a bowl of cereal, measure out or estimate the actual amount (rather than writing 'bowl' of cereal). If you eat at the residence hall dining centers, just estimate as closely as possible (or write down the number of servings you had).
- **Write legibly.** Food records that can't be deciphered may delay your results.

