

## Food Record SAMPLE

Food & Beverages	Portion/ Quantity	Time	Why did you eat? OR How are you feeling?
Orange juice with Calcium and Vit. D	1 cup	8 am	hungry
Fried eggs	2		
Butter (fried eggs in it)	$\frac{1}{2}$ tsp.		
100% whole wheat bread	2 slices		
Margarine: "I can't Believe it's not butter, light"	2 tsp.		
Cantaloupe	$\frac{1}{2}$ of whole		
Turkey Sandwich:		1 pm	stressed
White bread	2 slices		
Turkey breast - deli sliced	2 ounces (wt)		
Mayonnaise, light	1 TB		
Lettuce	$\frac{1}{2}$ lg leaf		
Coke	1 can		
M and M s	1 bag-2.1oz	2 pm	bored
Ice Cream (Baskin Robbins), chocolate, on sugar cone	Small scoop	4 pm	happy
Chicken Whopper	1 whole	7 pm	tired
French fries	Large order		
Raisin bran cereal	2 cups	10 pm -	just feel like having it snack
1% low fat milk	1 cup		
Pepperoni pizza	1 large slice	midnight	roommate came home with it, smelled good!

