

# Food Record Guidance

Food records can help you become more mindful of what and how much you're eating and help you identify patterns in your eating. Tracking your hunger helps identify the difference between foods eaten for physical hunger or for social or emotional reasons.

- It can be helpful to be as detailed as possible, i.e. include the brand (if applicable) and any relevant details like chobani 0% fat pomegranate greek yogurt or burrito from chipotle with everything.
- It will help to separate out the different foods you eat. If you have oatmeal for breakfast with apple, nuts, cinnamon and coffee with cream and sugar, everything should have it's own line so you can describe the amount of oatmeal, the amount of apple, the amount of cream in your coffee, etc. Spices do not need a separate line.
- Amounts can be described using (measuring) cups, oz, tablespoons, etc. A deck of cards or the palm of your hand is about 3 oz of meat, a tennis ball or your fist is about 1 cup, a handful of nuts is about 1 oz and the tip of your thumb is about 1 teaspoon. Measuring some of the foods you eat every day will help you to be more accurate.
- Foods may fit into more than one category, so check off all that apply, for instance peanut butter counts as a protein and a fat and fruit flavored greek yogurt would count as a protein and a carbohydrate. (see symbol chart for more information).

## Symbol Chart

- \* Lunch, Dinner, Snack, etc
- ~ From 1-5, (1=not hungry at all → 5=very hungry)
- ○ starches include starchy vegetables i.e. corn, peas, potatoes, beans, acorn & butternut squash
- ★ protein foods include meats, eggs, nuts, soy, beans, cheeses, yogurt, protein supplements.
- α fats include foods with butter and oil as well as avocados, nuts, mayonnaise, fried foods, ice cream.

**all foods nutrition** where all foods can be part of a healthy life

					Check off the type of food							
Time	Eating Occasion *	Hunger (1-5)~	Food or drink	Amount	Veggie	Fruit	Grain or Starch <sup>o</sup>	Protein★	Fat <sup>α</sup>	Snack	Sweet	Drink

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