

Eat better,
feel better,
move more **NOW!**  australia's
healthy weight week

Food record instructions

- Write down everything you eat and drink on an average day.
- Describe each food in detail and be as specific as possible.
- Record or estimate the weight of each serve or use standard household measures, such as cup, tablespoon, teaspoon to estimate quantities.
- Describe cooking methods. For example, fry (include how much oil used), boil, steam, microwave.
- Use brand names whenever possible.
- Include water, supplements (e.g. creatine, protein powders, vitamin pills, etc.) snacks and condiments (e.g. mayonnaise, tomato sauce).
- Maintain your normal eating habits.
- Describe your average weekly exercise/activity level in the space provided on the bottom of the food record sheet (e.g. walking, running, swimming, aerobics, golf, tennis, football, gardening, housework).

Example

TIME	FOOD/DRINK	QUANTITY	DETAIL
7:00 – 8:00am	Breakfast Cereal Milk Honey Toast Margarine Tea (milk–30ml, sugar white–1 tsp) Orange Juice	1 cup 1 cup 1 Tb 2 slices 2 tsp 1 cup 200ml	[specify name and brand] low or reduced fat Multigrain Canola (35% juice)
10:00 am	Tinned fruit salad Yoghurt Sweet biscuit	220g 200ml 2 biscuits	[specify name and brand] low or reduced fat [specify name and fruit brand]
12:00 - 1:00pm	Bread Mayonnaise Chicken Lettuce Apple Banana Potato chips	2 slices 1 tsp 80g 1 leaf 1 average 1 average 1 small pkt	Multigrain [specify name and brand] Egg BBQ (no skin) Delicious Salt and Vinegar, 35g pack
3:00pm	Tea (milk–30ml, sugar white–1 tsp)	1cup	
6:00 - 7:00pm	Rice Chicken Tomato based sauce Zucchini Carrot Green Beans Cordial	1 cup 100g 1 cup 1 whole 0.5 cup 0.5 cup 200ml	Boiled, white Grilled whole peeled tomatoes, tomato paste, mixed herbs, garlic Microwave Microwave Microwave (small amount water) Raspberry made up 20%
7:30pm	Plain chocolate	6 squares	[specify name and brand]
Supplements: Multivitamin tablet/day [specify name and brand]			
Activity: Walk the dog once a day for 30 minutes			



Please take the time and fill in the food record as accurately as you can. Take your food and exercise record with you when you visit your Accredited Practising Dietitian (APD). To find an APD go to www.daa.asn.au or call the APD hotline 1800 812 942.



Australia's Healthy Weight Week is bought to you by the Dietitians Association of Australia (DAA) and is proudly supported by Kellogg. Kellogg is a DAA Corporate Partner.

www.healthyweightweek.com.au

DAA would like to acknowledge Trent Watson, Accredited Practising Dietitian, for allowing us to use this adapted food record.



NAME:

DATE:

MEAL	TIME	FOOD/DRINK	QTY	DETAIL
Breakfast				
Snack				
Lunch				
Snack				
Dinner				
Snack				
Supplements				
Activity				



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