



## *Crystal Clear Nutrition, PLLC*

*Crystal Hein, MA, RD, CDN  
420 East German St. Suite 103 A  
Herkimer, NY 13350  
Office: (315) 717-2202  
Fax: 800-891-4959*

### **Instructions for Food Diary**

1. Write down everything that you eat for three days. Try to include a weekend day and two weekdays. A piece of candy, a handful of pretzels, a can of soda pop or a small donut may not seem like much at the time, but over a week these calories add up!
2. Be as specific as you can. "I ate 1 ½ cups of Multigrain Cheerios with ½ cup of blueberries and a ½ cup of 1% milk and a Thomas English Muffin (whole wheat) with 1 teaspoon of Smart Balance".
3. Don't forget to write down "extras," such as soda, salad dressing, mayonnaise, butter, sour cream, sauces, gravies, sugar and ketchup. Record the amounts.
4. Measure or estimate the amounts of food eaten...such as cups (in volume), teaspoons, tablespoons, by size (2" x 1" x 1"), by the weight (2 ounces) and/or the number of items (12) of that type of food.
5. List brand names of all food products, for example, oatmeal might be "Quick Quaker Oats."
6. Record how the food was prepared: grilled, baked, fried, raw, steamed, etc.

Meal	Time	Food	Amount
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Meal	Time	Food	Amount
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			

Meal	Time	Food	Amount
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
Snack			