

DIET JOURNAL

More Help for Filling out your Food list Records

The Food list Record Input Form has spaces for you to enter the amount of portion size and the description of the food you eat. In the space for the food description, also enter the method of preparation. First, fill in all the information at the top of the form. Enter your foods. The following are some helpful hints when entering your food to make sure your analysis is more accurate.

Amount or Portion Size: Enter the amount of food in cups, teaspoons, tablespoons, slices or pieces, ounce-weight, fluid ounces, or other standard measure. Specify a piece of pie as 1/8th, 1/6th, or other portion of the pie. You should enter a bowl of soup or a plate of spaghetti in cups. If you are entering foods by their weight (the most accurate method), fluid ounces are not the same as weight ounces. For example, one cup of water is 8 fluid ounces, but weights 8.5 ounces.

Raw (fresh) or Cooked Foods: Specify whether the food was fresh, cooked, or prepared from canned. If it is canned, specify whether it was canned in juice, water, or light or heavy syrup. Also, specify whether you used the solids and liquid or drained it first.

Food Preparation: Be sure to specify whether it was cooked from fresh, frozen, or canned; whether it was boiled, baked, fried, steamed, broiled, or roasted; if it was prepared from a mix and whether you added water or milk; and if you added milk, whether it was nonfat, 1%, 2%, or whole milk.

Recipes and Condiments: For combination food and recipes, break down the item into its ingredients or components. For example, for a pasta salad, enter the amounts of the individual ingredients—e.g., 1 cup cooked noodles, 2 tbs. celery, 1 tbs. onions. For a sandwich, enter its individual components. Be sure to record any spices or condiments (e.g., mayonnaise, ketchup, mustard, salt, pepper, sauces).

Breads and Milks: Be sure to specify the type of bread—e.g. white, whole wheat, or wheat (part whole wheat), or cracked wheat. If you had milk, specify whether it was nonfat, 1%, 2%, or whole milk.

Using Form for Recipes: The nutrient values for calories, protein, carbohydrates, and fat generally do not change significantly between raw and cooked. However, vitamins and some minerals can change during cooking. Conversions from raw to cooked vary according to the food and cooking method. Enter recipe ingredients by raw weight or the uncooked measure.

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