**Tips for a Great Food Log**

- Write down EVERYTHING that went into your mouth. This includes meals, snacks, gum, drinks, etc.

- Write it down when you eat it. Most likely if you wait until the end of the day, you will not be able to remember everything.

- Be sure to include “sips” and “tastes” of foods.
  - Example: “I just tasted the lasagna to see if it was any good.” That lasagna should be included on the Food Log.

- Include any condiments and spices that are used with your meals.

- Don’t forget sauces, gravies, cheese, etc. that was on your food.

- Be sure to include water and other beverages that are consumed throughout the day.

- List the EXACT food that you ate.
  - Example: French fries are not the same as potatoes. Be specific!
  - If it is a dish that contains many ingredients (i.e. chili) try to name as many items that are included in the dish.

- If this form doesn’t work for you, try something else! Write it in your planner, carry a little notepad, be sure to include everything. At the end of the day, you can then transfer this information to the Food Log sheet.

- Be honest on your Food Log. Change only comes with acknowledgement. Saying you only had 1 piece of something when you actually had 10 will only hurt you in the end.

- It is hard, but don’t change your eating habits while keeping the Food Log.

- If you don’t know the portion size (i.e. ½ cup) than write down what the portion of food looks like.
  - Examples: Chicken breast the size of a deck of cards, a piece of fruit the size of a light bulb.