

## **Preparing for your Visit with the Dietitian**

You have been scheduled to see a dietitian. We ask that you complete the **food diary** attached, and bring them to your visit with the dietitian. It will help you and the dietitian discover problem areas, and together you will discuss possible solutions.

### **How to Write a Food Diary**

- Write down everything that you eat or drink for 3 days (these should be typical days)
- Include one weekend day and 2 weekdays.
- Use one food record sheet for each day
- It is easiest to write things down right after you eat.
- Don't forget to write down the amount of food you ate.
- DETAILS COUNT! Describe the food in as much detail as you can.
  - Include brand names if appropriate,
  - Describe cooking methods
  - Use a measuring device whenever possible
  - Remember to include fats or oils used in cooking or baking
  - Include the extra items added to foods, for example sugar, cream, salt sauces etc.
- Eat the way you normally eat. Do not change your eating habits.

**NAME:**

**FOOD RECORD DAY ONE**

**DATE:**

**Breakfast**

**Morning Snack**

**Lunch**

**Afternoon Snack**

**Dinner**

**Evening Snack**

**FOOD RECORD DAY TWO**

**DATE:**

**Breakfast**

**Morning Snack**

**Lunch**

**Afternoon Snack**

**Dinner**

**Evening Snack**

**FOOD RECORD DAY THREE**

**DATE:**

**Breakfast**

**Morning Snack**

**Lunch**

**Afternoon Snack**

**Dinner**

**Evening Snack**