Dietary Analysis – Recording Instructions

It is important that this record be both **accurate** and **representative** of your **normal** dietary intake. The only way your coaches can adequately help you with your diet is if you are 100% completely honest.

That’s why we are asking you to record as precisely as possible **every single** item that you consume (this includes water, condiments, snacks, etc) for the next 3 days. To do so, you **must** follow a few simple instructions (listed below). The procedure may seem somewhat cumbersome but remember it is only **three days** and the computer analysis of the obtained data will help us pinpoint exactly what areas in your diet need to be addressed.

Although there is some error associated with the computer data bank, i.e., there is some variability between the food items you eat and the ones previously analyzed, the major error with this type of diet analysis is related to the accuracy of your recording. Therefore, the accuracy of this type of analysis is directly related to the quality of your record keeping.

Instructions:

1. Keep your recording sheets with you at all times. (Snacks are typically consumed unpredictably and, as a result, it is impossible to record them accurately unless your recording forms are nearby.)
2. Use a small food scale if you have one or standard-measuring devices (measuring cups, measuring spoons, etc) to record the quantities consumed, as accurately as possible. If you do not eat all of the item (for instance a portion of an apparently delicious hastily-prepared casserole of left-overs that turned out to be not so delicious) re-measure what’s left and record the difference.
3. Record combination foods separately (i.e., hot dog, bun, and condiments) and include brand names of food items (list contents of homemade items) whenever possible.
4. For packaged items, use labels to determine quantities.

***Sample Recording***

|  |  |  |  |
| --- | --- | --- | --- |
| Time | Food Item | Quantity | Notes |
| 6:45 a.m. | Once a Day Women’s Multivitamin | 1 |  |
|  | Nature’s Path Organic Flax Plus Multibran Cereal | 1 cup = 40g |  |
|  | Fibre1 Original Cereal | ½ cup = 30g |  |
|  | Nielson 1% Milk | ½ cup = 125 mL |  |
|  | Fresh Ontario Strawberries | 1 cup | Sliced |
|  | Water (tap) | 500 mL |  |
|  |  |  |  |
| 8 a.m. | Tetley Orange Pekoe Brewed Tea | 14 oz. |  |
|  | Nielson 1% Milk | 1 tbsp. |  |
|  |  |  |  |
| 10:20 a.m. | Source 0% Yogurt | 100g | Nectarine Flavour |
|  | Baby Carrots | 2 |  |
|  |  |  |  |
| 11:50 a.m. | Baby Carrots | 2 |  |
|  |  |  |  |
| 1:30 p.m. | ½ homemade turkey sandwich |  |  |
|  | Dempster’s Prebiotic Barley and Sunflower Whole Wheat Bread | 1 slice | 100% whole grain |
|  | LifeSmart Turkey Deli Meat | 50g | Low sodium, extra-lean |
|  | Cucumber | 5 slices |  |
|  | Alfalfa sprouts | ¼ cup |  |
|  | Yellow Bell Pepper | ¼ medium | Sliced |
|  | Naval Orange | 1 medium |  |
|  |  |  |  |
| 2:00 p.m. | Tetley Orange Pekoe Brewed Tea | 500 mL |  |
|  | Nielson Skim Milk | 1 tbsp. | 0 % milk fat |
|  |  |  |  |
| 4:45 p.m. | ½ turkey sandwich |  |  |
|  | Dempster’s Prebiotic Barley and Sunflower Whole Wheat Bread | 1 slice | 100% whole grain |
|  | LifeSmart Turkey Deli Meat | 50g | Low sodium, extra-lean |
|  | Cucumber | 5 slices |  |
|  | Tap Water | 500 mL |  |

|  |  |  |  |
| --- | --- | --- | --- |
| 6:30 p.m. | Whole-grain Triscuit crackers | 2 | Rosemary and Olive Oil flavour |
|  |  |  |  |
| 7:15 | Fresh Atlantic Salmon Filet | 3 inch by 2 inch by 1 inch,  ~ ½ cup serving | Barbequed with honey and Dijon listed below |
|  | Maille Dijon Original Mustard | 1 tsp. |  |
|  | Billybee Pure Natural Honey | 1 tsp. |  |
|  | Baby spinach | 1.5 cups |  |
|  | Fresh Wax beans | ½ cup |  |
|  | Fresh Green beans | ½ cup |  |
|  | Butter, salted | 1 tsp. |  |
|  | President’s Choice canned mandarin orange slices | 1/8 cup | Drained |
|  | Fresh Ontario Strawberries | ¼ cup | Sliced |
|  | Kraft Raspberry Vinaigrette salad dressing | 2 tbsp. |  |
|  |  |  |  |
| 8:00 p.m. | Fresh Peach slices | ½ cup | Peeled |
|  | Breyer’s Vanilla Ice Cream | ½ cup |  |
|  |  |  |  |
| 9:00 p.m. | Tetley’s Decaffeinated Green Tea | 1.5 cups |  |

Once your 3-day food log is complete, please save it in a word/excel file and email it to me at graemethomasonline@gmail.com to look at.