

## **TIPS FOR COMPLETING THIS FOOD LOG**

- Please record **ALL** foods and beverages for at least **3** days.
- Please record some week days and at least one weekend day.
- Please be very specific about the **TYPES** of food eaten and the way the foods were prepared. For example, instead of listing "chicken", please be more specific, such as "fried chicken leg with skin". Or instead of listing "cereal", identify the kind of cereal that it was, such as "corn flakes" or "cocoa pops".
- Please be very specific as to the **AMOUNT** of food eaten. For example instead of listing "rice", please indicate "1 cup of white rice".
- Please notify the Healthy Lifestyles dietitian if you have any questions about how to complete these food records.

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