



**FULL CIRCLE**  
NEUROPSYCHIATRIC WELLNESS CENTER  
11490 Commerce Park Drive  
Reston, VA 20191  
(703) 481-911

# DIETARY RECORD

Name: \_\_\_\_\_

## BRING THIS FORM WITH YOU TO YOUR APPOINTMENT!

A dietary record is used to assess nutritional intake relative to your individual needs. It also helps guide personalized recommendations.

Collect this data *before* your consultation. This saves time during the session, permits the nutritionist to do a more thorough job, and allows you to get more value from your appointment.

- Please record 3 or more days of food intake.
- Start each day on a new page.
- Eat as you normally eat!
- For greater accuracy, record as soon as possible after eating.
- Include as much detail as possible. Give complete descriptions and estimate all amounts.
- If applicable, record any symptoms related to eating (e.g., nausea, heartburn, bowel disturbances, fatigue, etc.) under "Observations."
- To gain insights into eating behavior, you may request a form on which to record information such as hunger level, mood, thoughts, and feelings associated with eating.

### To Estimate Portions:

1 fist	=	1 cup
1 thumb tip	=	1 teaspoon
1 thumb	=	1 tablespoon
2 thumbs	=	1 ounce
palm of hand	=	4 ounces
tennis ball	=	1 cup
cupcake wrapper	=	1/2 cup
egg	=	1/4 cup
deck of cards	=	3 ounces
ping pong ball	=	2 tablespoons



Use this ruler to help measure the foods you eat and record.

- Use this assignment to learn awareness and nutrition

- Describe the details about what you eat
- Estimate quantities even if you are unsure
- Record one food item per line. Use the whole page
- Skip a line between meals and snacks

# EXAMPLE

Name: \_\_\_\_\_

Date of Diary: \_\_\_\_\_

Day of Week: S M Tu W Th F Sa

TIME	PLACE H=Home A= Away	FOOD AND BEVERAGES (Give Specific Details)	AMOUNT	OBSERVATIONS	REVIEWER'S COMMENTS (please leave blank)
7 am	H	Coffee, decaf, brewed	8 fl. oz	tired	
		Sugar	1 tsp	(in coffee)	
		½ + ½	1 Tbsp	(in coffee)	
		bage;, toasted, white	1 large		
		margarine, fat free	2 tsp	On the bagel	
		Multivitamin + calcium	1 each		
10 am	A	muffin, banana bran	1 large	from a deli	
		water, filtered	16 oz		
1:15 pm	A	turkey sub – turkey breast,	6" long	from Subway.	
		lettuce, tomato, mayo		ate at desk	
		diet coke	12 fl. oz	Very Busy	
4 PM	A	Chocolate chip cookie	3" diameter	from bakery	
		tea, black, from teabag	8 fl. oz	at work	
5 PM		(at work)		indigestion	
7:30pm	H	pasta, boiled	about 2 c	Fettucini	
		marinara sauce, meatless	¾ cup	Classico brand	
		parmesan cheese, shredded	¼ cup	on the pasta	
		olive oil	~ 1 Tbsp	On pasta	
		green beans, fresh, steamed	~1 cup	plain	
		wine, red	~ 6 fl. oz.	merlot	
		water, filtered	12 fl. oz		
	H	ice cream, peach, Edy's	2 scoops	craving sweets	



