

Example of Complete Food Record

Patient ID Number: 1234

Date of Food Record: 6/23/09

Time	Food Item	Description of Food/Beverage (Brand name, cooking method used, type i.e. low fat or low carbohydrate, fortification, and any other additional information)	Amount	Unit
7:30am	egg	Kroger large egg - scrambled	1	
	milk	Horizon skim – with egg	1	Tbsp.
	margarine	Country Crock Light spread	1	tsp.
	orange juice	Tropicana Ca + D fortified	4	oz.
10:15am	gold fish crackers	Pepperidge Farm Original	8	pieces
	grapes	Green - raw	5	
	milk	Horizon - skim	3	oz.
12:30pm	turkey	Kroger - oven roasted lunch meat	1	oz
	white bread	King Soopers –butter split-top	½	slice
	mandarin orange slices	Kroger - in light syrup	4	oz
	cookies	Oreo Bite-sized minis	6	cookies
	milk	Horizon - 2% chocolate	4	oz
2:45pm	cheddar cheese	Kroger - 2% mild cubed Cheddar	3	oz
	soda	Sprite - regular	3	oz
6:30pm	mac and cheese	Kraft Mac and Cheese Original – cooked in water	1/5	box
	milk	Horizon, skim	2	tsp
	margarine	Parkay - stick	1.5	tsp
	green beans	Kroger canned – French cut	1/8	cup
	water	Microwaved	3	oz
	1 popsicle ice pop	Dora the Explorer Ice Pop – cherry	1.1	oz

*Time only needs to be entered with the first item of each eating occasion or meal

Example of an Incomplete Food Record

Patient ID Number: _____

Date of Food Record: _____

Time*	Food Item	Description of Food/Beverage (Brand name, cooking method used, type i.e. low fat or low carbohydrate, fortification, and any other additional information)	Amount	Unit
7:30	Eggs	scrambled	½	cup
	Juice	orange	1	glass
10:00	Crackers	Goldfish	1	handful
	Grapes	raw	1	small handful
	Milk	Skim	½	glass
12:00	Turkey	lunchmeat	1	slice
	Bread	White	½	slice
	Orange	mandarin slices	1	snack cup
	Cookies	Mini	1	bag
	Milk	2% chocolate	1	glass
2:30	Cheese	Cheddar	3	cubes
	Soda	Sprite	1	can
6:30	Pasta	Macaroni and cheese	½	cup
	green beans	cooked	3	
	Water		1	glass
	Popsicle	Cherry	1	

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