



PURE INTEGRATED TRAINING 3 DAY FOOD DIARY

What is a diet record?

A diet record is simply a “food journal” you carry with you throughout the day. It is where you will record detailed descriptions of all food and beverages you consume. Diet records are typically kept for 3 full days- that is 2 weekdays and 1 weekend day. Your study team will let you know how many days you will be keeping a diet record for.

Important Information:

- Please do not change your eating habits while keeping this diet record
- Record food as you eat, do not wait to record later
- Only record the portion of food you actually consume
- When you record an item that consists of a combination of foods, please break it down into individual components: i.e. Turkey Sandwich
 - ↳ 2 slices whole wheat bread
 - ↳ 2 oz deli turkey breast, 95% lean
 - ↳ 1 slice Kraft Fat Free American cheese
 - ↳ 2 tsp Miracle Whip

What kinds of information will I need to include on my diet record?

The general information you will be asked to list on your diet record is:

- ✓ Name and Type of Food/Beverage *peanut butter, egg, hamburger, spaghetti...*
- ✓ Nutrition Claims *diet, sugar-free, 2%, fat-free, low-sodium, gluten-free...*
- ✓ Brand Name *Cheerios, Lean Cuisine, Yoplait, Heinz...*
- ✓ Restaurant Name *McDonalds, Cactus club, pizza hut, etc.*
- ✓ Preparation Methods *Grilled, boiled, fried, baked, roasted, steamed, microwave. Please include marinades, oil, seasonings, & condiments*
- ✓ Quantity/Amounts *Cups, Ounces, Grams, Lbs, mL, “baseball sized”, “golf-ball size”...*

Food Record – Day 1

List All Consumed Foods, Snacks, and Beverages in detail	Quantity / Amount Grams, Ounces, Cups, Number/count, "golf ball size", "tennis ball size", diameter in inches...	Did this food have any type of Nutrition Claim? 1% fat, fat-free, light, low carb, 99% lean...	Brand Name? Yoplait, Lean Cuisine, Kashi, Pepsi, Progresso, Kroger/generic...	Preparation method Baked, Boiled, Grilled, Fried, Steamed, Sauteed... Did you add any butter/oil? Did you add any salt?

Food Record – Day 2

List All Consumed Foods, Snacks, and Beverages in detail	Quantity / Amount Grams, Ounces, Cups, Number/count, “golf ball size”, “tennis ball size”, diameter in inches...	Did this food have any type of Nutrition Claim? 1% fat, fat-free, light, low carb, 99% lean	Brand Name? Yoplait, Lean Cuisine, Kashi, Pepsi, Kroger/generic...	Preparation method Baked, Boiled, Grilled, Fried, Steamed, Sauteed... Did you add any butter/oil? Did you add any salt?

Food Record - Day 3

List All Consumed Foods, Snacks, and Beverages in detail	Quantity / Amount Grams, Ounces, Cups, Number/count, "golf ball size", "tennis ball size", diameter in inches...	Did this food have any type of Nutrition Claim? 1% fat, fat-free, light, low carb, 99% lean...	Brand Name? Yoplait, Lean Cuisine, Kashi, Pepsi, Kroger/generic...	Preparation method Baked, Boiled, Grilled, Fried, Steamed, Sauteed... Did you add any butter/oil? Did you add any salt?

Notes
