

DIET ANALYSIS

Instructions

Attached are some diet record forms. For a three day period, (one weekend day and two weekdays) please write down everything you eat.

Please try to estimate the amounts and quantities you eat of any given food item. Record the food name and portion for each food. Portions may be listed by any unit of measure, such as cup, slice, teaspoon, item, etc. If you eat a casserole, for example, try to judge the amounts of each ingredient and record it. If you eat a sandwich, please indicate what type of bread, how much mayonnaise, how many slices or ounces are in the sandwich, etc. Include mints, gum, added sugar to coffee, how much cooking oil used, etc.

Please be honest. This diet analysis is meant to help you make healthful changes, so don't shortchange yourself by not being truthful.

Please return the completed forms to the front desk of your club along with your payment of \$25. As soon as the analysis is done, you will be contacted so that you can pick up your packet.

If you have any questions about filing out the form, please call Tricia or Debra at 860-8630.

