

Measuring My Food

Diary Entries

It is important that you make accurate food diary entries.

AMOUNTS	EXAMPLE
3 teaspoons (tsp) = 1 tablespoon (Tbsp)	Use teaspoons or tablespoons for small items such as: jelly, sugar, syrup, gravy, salad dressing, butter, margarine and condiments.
1 measuring cup = 8 oz	Use a measuring cup for such items as: vegetables, rice, noodles, cereals, soups, stews, casseroles, ice cream, pudding and canned fruit.
Ounces or Dimensions	Use ounces or dimensions for items such as: meat, fish, poultry, cheese, pizza, cakes, pies, cookies and muffins.
Number and size (small, medium, large) or ounces	Use number and/or size for items such as: breads, rolls, chips, crackers, pretzels, candy, lunch meats, and raw fruit.
COOKING METHOD	Baked, fried, grilled, stir fried, trimmed or untrimmed, poultry with or without skin, etc.
FATS	Fried in olive oil or butter, brushed with canola oil etc.
LOCATION WHERE FOOD WAS CONSUMED	At home, restaurant or other location.
PORTION SIZES AND VISUAL CUES	Watching portion/serving size is just as important as the foods you choose to eat. See examples listed in "Serving Size"

Serving Size

FOOD GROUPS	EXAMPLE	ONE SERVING SIZE EQUALS	VISUAL CUES
STARCH	Bread	1 slice of bread	CD case
	Bagel	1 oz or ¼ bagel	Small can tuna
	Rice, Pasta	½ cup cooked	½ a tennis ball, small fist
	Cereal	¾ cup dry or ½ cup cooked	Small fist, computer mouse
FRUIT		1 small to medium piece	Tennis ball
		½ cup of juice	Small juice glass
		¼ cup dried fruit	Golf ball, large egg
VEGETABLES		1 cup raw	Light bulb, baseball
		½ cup cooked	½ a tennis ball, small fist
PROTEIN	Meat, Poultry, Fish	3 oz	Deck of cards, palm of woman's hand
	Beans, Peas, Lentils	½ cup	½ a tennis ball, small fist
	Cheese	1 oz	1-inch cube, 4 dice, lipstick tube
DAIRY	Milk	1 cup or 8 oz	Light bulb, baseball
	Yogurt	⅔ cup or 6 oz	Small fist, computer mouse
ALCOHOL	Wine	5 oz	Small wine glass
	Beer	12 oz	One can or bottle
FATS & OILS		1 teaspoon	Tip of thumb to first knuckle, a quarter

My Food Diary

A food diary is used in a clinical setting with a dietitian to help you reach your nutrition goals. At Scripps Center for Integrative Medicine, we ask our patients to keep a food diary for 3 days and then review it with a dietitian. Track your food intake on two workdays and one weekend day. Record your entries immediately after eating. Record 1 food item per line.

DATE	TIME	FOOD	AMOUNT	COOKING METHOD	H: HOME R: RESTAURANT O: OTHER	OTHER COMMENTS
2/14	8 a.m.	Coffee - decaf	1 cup	Drip	H	
2/14	8 a.m.	Milk - nonfat	1/4 cup	n/a	H	
2/14	8 a.m.	Sugar - brown	2 tsp	n/a	H	