



## Client Guidelines for Completing the Food, Liquid and Activity Form

I appreciate your willingness and effort to keep track of what you eat, including the amounts of food, when you eat, and your physical activities. This information will help me greatly in assessing your dietary and nutritional needs.

Eat as you normally do. An accurate diet record provides nutritional information that will help me determine how I can best support your wellness goals.

Be as specific as you can about amounts of food and liquids. Record amounts by weight, such as 8 ounces of yogurt, or in measurements of teaspoons, tablespoons, and cups, such as 1 cup of rice, or 2 tablespoons of salad dressing.

Include the ingredients in the food. For example, instead of just recording *salad*, list all the foods in the salad: ½ cup spinach, ½ cup lettuce, 1 medium carrot, ½ large tomato, 2 mushrooms, ¼ small cucumber, 2 tablespoons Italian dressing and so forth. Specific ingredients and amounts allow me to determine the vitamin and mineral totals in your diet.

Two categories on the *Food and Activity Form* ask you to rate, on a scale of 1 to 5, your level of hunger before eating, and your energy level after eating. On the scale #1 reflects the lowest level and 5 is the highest.

Recording what you eat, recognizing your hunger level and the energy response you get from eating provides important information for both of us. This is a great opportunity for you to become aware of how foods affect your mood and energy levels throughout the day. Enjoy nourishing yourself!