

Cornell University Wellness Program

Food Record

Name:	Age:Gender:
Address:	Height:ftin.
City:State:Zip:	Weight:Desired weight:
Phone:	Activity: Light/Moderate/Heavy
Email:	What type?
Best time(s) to meet:	How often?
Special concerns: (i.e. weight loss/gain, ch	olesterol, fiber, etc.):

Instructions:

- 1. Record everything you eat and drink for three days. It is best to use two week days and one weekend day; record as soon after you eat as possible.
- 2. When describing a food, be specific and precise! Possible descriptors may include: brand name, cooked, raw, fresh, frozen, canned, chopped, whole, low fat, non fat, etc.
- 3. When recording amounts, use standard measures such as: cups, tablespoons, teaspoons, number of pieces.
- 4. You will be contacted by a student nutrition intern to discuss your results. Questions? Contact Beth McKinney at (607) 255-3703 or bm20@cornell.edu.

Date	Time	Food/Description	Amount

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