

REGIONAL BARIATRIC ASSESSMENT & TREATMENT CENTRE

FOOD RECORD FOR: _____

Date: _____

BREAKFAST	Time: _____

LUNCH	Time: _____









DINNER	Time: _____

SNACK	Time: _____

SNACK	Time: _____

SNACK	Time: _____

CHECK YOUR WATER INTAKE:

							
250mL	250mL	250mL	250mL	250mL	250mL	250mL	250mL
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EXERCISE:

Type of Activity	Minutes

Instructions:

- Record **everything** you eat and drink for **at least 6 days**.
Be sure to also record the **portions** you have consumed. You may measure amounts or do your best to **estimate** amounts consumed.
- TIPS:** The size of a deck of cards is close to 3 oz (75 g) of meat. Use this as a guide to estimate your portions of meat.
The size of your fist is close to a 1 cup (250mL) measure.

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