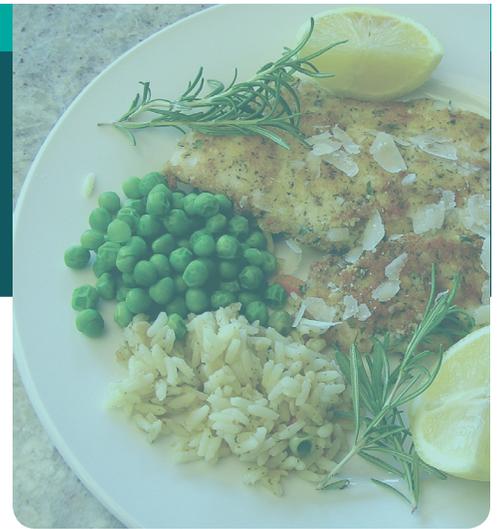


# CF Health Matters

## How to Keep a Food Intake Record



1. Please record all food and drink eaten, except for water for 3 days in a row.
  2. It is better to record during the meal or snack.
  3. Include the time of day when the food is eaten and the place where the food is eaten (ie: home, school, restaurant, watching TV, etc.)
  4. Describe the foods accurately and give brand names if possible. For example: margarine (Becel) 1 level teaspoon.
  5. Include food labels that contain nutrition information whenever possible (ie: candy bar wrappers, yogurt containers).
  6. State whether fruits and vegetables are fresh, canned (waterpacked, heavy or light syrup), cooked or frozen.
  7. Record the amount of food eaten by using household measures such as: cups, teaspoons, tablespoons, or weigh the food.
- Examples:**  
*Homo milk:* ½ cup or 4 oz or 125 g  
*2% Cottage cheese:* 4 level tbsp. or 50 g
8. When weighing meat on a food scale, give a detailed description. Please be sure

to weigh the meat after it is cooked. If there is bone in the meat or if there are leftovers, weigh after eating and subtract from original weight.

**Example: Broiled pork chop**

Total weight with bone: 75 g  
Less: bone weight: 21 g  
Net weight eaten: 54 g

If weighing is impossible, approximate the number of ounces or record the measured size of the meat: 2"x2"x1".

9. Describe food in detail.

**Example: Bologna sandwich**

Whole wheat bread (Dempster's) 2 slices  
Bologna 1 slice (50g)  
Kraft mayonnaise (lite) 1 tsp.  
Processed cheese (Kraft) 1 slice (30g)

10. Be sure to record amounts of additional foods served with cereals or desserts, etc.

**Example: Cereal**

Rice Krispies (Kelloggs) ½ cup (15 g)  
Milk 2% ¼ cup  
Brown sugar 2 level tsp.

11. Include how the food is prepared especially for meats, fish, poultry, eggs and vegetables.

Methods of preparation include boiling, roasting, baking, broiling, frying or steaming. When frying, record the type of fat or oil used and quantity (subtract any leftover fat or oil).

12. For mixed dishes like casseroles, stews and baked goods (cookies, cakes, pies, etc.) provide recipes on a separate sheet. Record ingredient quantities, the number of servings made and the portion eaten.
13. If using commercial baked goods, state brand name and amount eaten.
14. If eating out, name the restaurant/chain and record foods eaten with portion size. When doing a 3-day fecal fat study, it is best not to eat at restaurants, unless they are well known chains such as McDonalds, Harvey's etc.
15. Give the name and amount of vitamin and/or mineral supplements if taken.
16. Record any enzymes taken with each meal.
17. Record daily bowel movements.
18. If you have any questions or concerns, please contact your CF clinic.