

Seven Day Food Frequency Diary

Name \_\_\_\_\_

Date \_\_\_\_\_

Day of Week: Su[ ] M[ ] T[ ] W[ ] Th[ ] F[ ] Sa[ ]

Date: Food Item	Activity, Speed of eating	Your Portion Sizes (Please see the description below)	Triggers Where you eat (home restaurant or other)	Alone or With Company	Hunger Scale	Fullness Scale	Mood
Breakfast Time:							
Snack							
Lunch	Ex. While working	Ex. 3 ounces of beef	1 or Stress (deadlines Office)	alone	2	6	3 or Angry

Seven Day Food Frequency Diary

Name \_\_\_\_\_

Date \_\_\_\_\_

Snack							
Dinner							
Bedtime:							
Snack							

## Seven Day Food Frequency Diary

Name \_\_\_\_\_

Date \_\_\_\_\_

Please fill out the question to the best of your ability over a 7 day period. Please print 7 copies of page 1, one copy for each day. Please use the guide below to fill out the diary. We gave an example of how to fill out one entry for lunch. If you did not eat any snacks between meals, please enter none in the snack section. The more information you fill out the better position we would be in to help you achieve your nutritional goals.

Activity	Speed of Eating
1. No other activity but eating	1. Slow
2. While watching TV	2. Intermediate
3. While listening to radio	3. Fast
4. While working	
5. Other _____	

### Food Journal: Portion Size

How you record the amount of food you eat is important in providing an accurate account of your nutritional diet. Here are some helpful everyday visuals to help you when accounting for portions during your day.

**Portion size:** how much you chose to eat at one time

**Serving size:** the amount of food/beverage listed on the product's "Nutrition Facts". Not necessarily the recommended amount of food to eat, but a quick way of letting you know the calories and nutrients in a certain amount of food.

#### Everyday Visualizations

#### Amount

#### Useful for these Foods



8 fl. Oz

Beverages

Seven Day Food Frequency Diary  
Date \_\_\_\_\_

Name \_\_\_\_\_



A baseball

1 cup

Breakfast cereals  
Soups  
Mixed dishes (stew, chili)  
Medium Fruit



Half a baseball

½ cup

Cooked, Noodles or Rice  
Cooked, cereals (oatmeal)  
Beans (canned, cooked)  
Spaghetti, tomato sauce  
½ c. fresh fruit  
Cottage cheese  
Pudding, gelatin, ice cream



A CD

1 slice

Pancakes  
Waffles



## Seven Day Food Frequency Diary

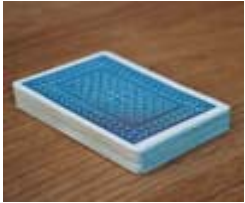
Name \_\_\_\_\_

Date \_\_\_\_\_

1 slice

Bread

A cassette tape



3 ounces

Cooked meats, poultry, fish  
Canned fish (tuna, salmon)

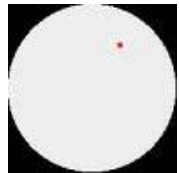
Deck of cards



4 stacked dice

1 ½ ounce

Cheese cubes/slices



A ping pong ball

2 Tablespoons

Peanut butter  
Salad dressing  
Cream Cheese  
Dips  
Whipping toppings

1 Teaspoon

Margarine/Butter  
Oils

Seven Day Food Frequency Diary

Name \_\_\_\_\_

Date \_\_\_\_\_

1 die

Mayonnaise  
Sour cream

**Triggers**

- 1. Stress
- 2. Happiness
- 3. Anger
- 4. Sadness
- 5. Boredom
- 6. Other \_\_\_\_\_

**HUNGER-FULLNESS LEVEL:** Before you eat, rate the intensity of your hunger from 0 to 10, with zero being empty and 10 being full just like a gas tank. Ideally, it's best to start eating when your hunger level is between 2 and 3 and to stop when your fullness level is between 7 and 8 .

**Hunger-Fullness Scale**

- 0 = Sick
- 1 = Famished
- 2 = Significant Hunger
- 3 = Moderate Hunger
- 4 = Slight Hunger
- 5 = Neutral

- 6 = Slightly Full
- 7 = Moderately Full
- 8 = Significantly Full
- 9 = Stuffed
- 10 = Sick