How to keep your dietary record

In an effort to fully understand your food choices, the ways your food is prepared and how much you eat, I ask you to keep an accurate 3-day dietary record from 2 weekdays and 1 weekend day. It is very important that you be as honest and accurate as possible when you record the food and beverages that you eat on the three days. I ask that you record the foods on any 2 weekdays (Mon. – Fri.) and 1 weekend day (Sat. or Sun.). If your occupation doesn’t follow a traditional, Monday through Friday schedule, then choose the days most similar to weekdays and weekend day.

Please make sure your 3-day dietary record is recorded during the same week of your training and physical activity log. You see at the example “Ideal 3-Day Dietary Record” is one in which your dietary record falls in the middle of your training log (Example 1). However, you still can start your training log on the last day of the dietary record (Example 2). Or you can start your dietary record on the last day of your training log (Example 3). Again, please choose the days most similar to weekdays and weekend day for your dietary record.

• Example 1: Ideal 3-Day Dietary Record

< 7-day training log >

    weekday 1

    weekday 2

    weekend day

< 3 day dietary record >

• Example 2: 3-Day Dietary Record Beginning Prior to 7-Day Training and Physical Activity Log

< 7-day training log >

    weekday 1 & day 2

    weekend day

< 3 day dietary record >

• Example 3: 7-Day Training and Physical Activity Log Beginning Prior to 3-Day Dietary Record

< 7-day training log >

    weekend day

    weekday 1 & day 2

< 3 day dietary record >
It may seem like a lot to think about at first, but it is really easy to keep track of all the foods and beverages consumed if you carry the “printout of the 3-day dietary record” with you so that you can write down and/or type in the computer foods and beverages as soon as possible after eating or drinking.

Some pointers to help you get started with the dietary record:

1. Carry the 3-day dietary record (printout) and a pencil with you so that you can write down food and beverages as soon as possible after meals or snacks. Please keep the package of your supplemental foods you eat during the training in order to avoid forgetting what you have consumed.

2. You can describe your portions by using a reference even if you don’t have a measuring cup or spoon. Use your best judgment to record the amount of food eaten. Please use a visual guide (click here!!) to judge portion sizes.

3. When you record your food on the online record, enter each information in the designated box. You need to enter the date of your record, food item, and the amount of food eaten in each box. For the detailed information, such as how you prepared (recipe), please use the “Comments” box.

4. When you finish entering each food item and the amount of food, click “Submit” to send your information.

5. To see what you have entered previously, click “View Dietary Record.”

6. Write down brand and product names when possible.

7. Don’t forget all little extras like margarine, salad dressing, sugar, cream, mayo, mustard, catsup, pickles, taco sauce, jelly and such.

8. Beverages: write down the type of milk (whole, 1/2 or 1 % low-fat, or skim); indicate 100% juice, or juice drink; soda (diet or regular); and don’t forget to record your water, too!

9. Fruits: write down whether it is fresh, frozen, canned, or dried and whether it is in juice or syrup.
10. Vegetables: write whether it is fresh, frozen canned; how it is prepared and if something is added to it (for example, margarine, butter, or cheese, and what type).

8. Breads, Buns, Bagels: write down whether it is white, wheat, or rye, flaxseed, etc. and/or if something is spread on it (butter, margarine, cream cheese – regular or low fat, jam, peanut butter etc.).

9. Meat, Poultry, or Fish: write down how many ounces or pieces with approximate dimensions (using a reference); how it is prepared (baked, broiled, fried, or grilled); and whether sauces or gravies are on it.

10. Eggs: write down how many eaten (whole egg, yolk, white, or substitute); how prepared (soft, hard, fried, scrambled, poached, or omelet); and whether milk, margarine / butter or drippings are added.

11. Fats and oils: how much and what type. Make sure you indicate whether you use margarine or butter.

12. Sweets: write down how much sugar, syrup, jams, or jellies; what type and size candy bars, or how many pieces of candy are eaten. Also record the type and size of pieces of cakes, pies, and pastries eaten.

13. Homemade dishes (for example, more than 4 ingredients): record name of dish, keep recipes, and write down how much you eat.

14. Sandwiches and simple mixed dishes prepared (at home): write down approximate amounts of the ingredients eaten.

15. Alcohol beverages: beer, wine or sake, spirits, etc.
Supplemental foods and snacks (energy bars or sports drinks):

1. What brand and products; how much consumed.
   “Tip for estimating how much you consumed during the trainings and/or races”
   Evaluate how much you had when you started riding, and then determine how much you actually ate or drank after the training or race.

2. Foods and beverages taken on the road: write down the name of the restaurant and details of the meal and/or beverages you have as much as possible.

3. Please save the product packages from supplemental foods or drinks which you eat or drink. They will provide necessary information in case I have to ask you for more details about your food diary.

Again, please keep your 3-day dietary record from 2 weekdays and 1 weekend day as accurately and honestly as possible. Also please make sure that your dietary record is recorded during the same week of your training and physical activity log. If you experience some difficulties when you submit your dietary record through each box on the data entry web page, you can also type all food information in the “Dietary Comments” box. But, please submit 1) date (mm/dd/06), 2) food item, 3) amount with units, 4) additional information in the “Dietary Comments” box.

It is very important for me to know exactly what you consumed during the 3 days. Therefore, please allow me to make contact with you to confirm your food information if some parts are not clear.

Please feel free to contact me when you have any questions regarding recording your dietary record.

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