

**Eat better,  
feel better,  
see an APD!**



## Food and Exercise Record

### Instructions:

- Write down everything you eat and drink on an average day
- Describe each food in detail and be as specific as possible
- Record or estimate the weight of each serve or use standard household measures, such as cup, tablespoon, teaspoon to estimate quantities
- Describe cooking methods. For example: fry (include how much oil used), boil, steam, microwave
- Use brand names whenever possible
- Include water, supplements (e.g. creatine, protein powders, vitamin pills, etc.) snacks and condiments (e.g. mayonnaise, tomato sauce)
- Maintain your normal eating habits
- Describe your average weekly exercise/activity level in the space provided on the bottom of the food record sheet (e.g. walking, running, swimming, aerobics, golf, tennis, football, gardening, housework)

### Example:

TIME	FOOD/DRINK	QUANTITY	DETAIL
7:00 – 8:00am	Breakfast Cereal Milk (lite white)(low fat) Honey Toast Margarine Honey Tea (milk–30ml, sugar white–1 tsp) Orange Juice	3 biscuits 1cup 1 Tb 2 slices 2 tsp 2 tsp 1cup 200ml	[specify name and brand]  Multigrain Canola  (35% juice)
10:00 am	Tinned fruit salad Yoghurt Fruit (low fat) Milk Arrowroot biscuits	220g 200ml 2biscuits	[specify name and brand]
12:00 - 1:00pm	Bread Mayonnaise (egg) Chicken Lettuce Apple (delicious) Banana Potato chips (salt and vinegar)	2slices 1tsp 80g 1 leaf 1 average 1 average 1 small pkt	Multigrain [specify name and brand]  BBQ (no skin)  These come in a 12 pack
3:00pm	Tea (milk–30ml, sugar white–1 tsp)	1cup	
6:00 - 7:00pm	Pasta (White) Chicken Tomato based sauce (whole peeled tomatoes, tomato paste, mixed herbs, garlic) Zucchini Carrot Bean green Cordial (raspberry made up 20%)	1cups 100g 1cup  1 whole 0.5 cup 0.5 cup 200ml	Boiled Grilled  Microwave Microwave Microwave (small amount water)
7:30pm	Plain chocolate	6 squares	[specify name and brand]
Supplements: Multivitamin tablet/day [specify name and brand]			
Activity: Walk the dog once a week for 60mins			

Please take the time and fill in the food record as accurately as you can. Take your food and exercise record with you when you visit your Accredited Practising Dietitian (APD). To find an APD go to [www.daa.asn.au](http://www.daa.asn.au) or call the APD hotline 1800 812 942.



**Australia's Healthy Weight Week 2017** is an initiative of the Dietitians Association of Australia (DAA) proudly sponsored by MLA, CanPrint, Australia Chicken Meat Federation, Australian Mushrooms, McKenzie's Foods, Xyris Software and Australian Almonds.

[www.healthyweightweek.com.au](http://www.healthyweightweek.com.au)