

HOW TO RECORD YOUR FOOD INTAKE--ACCURATELY

It is important to keep a record of the food you eat and the formula you drink. It is also important to keep these records carefully and accurately. Why? List the reasons a carefully completed food record is helpful.

- Carefully kept records help your nutritionist monitor how your blood phe levels change with different amounts of phe from food. The information from food records is used to make formula changes and change your phe from food prescription.
- The information from food records helps your nutritionist to make sure you are getting the best, most nutritious foods possible.
- Finally, food records are an important way for you to learn about the phe in foods and how phe affects your body and blood phe level.

We agree that a food record is important, so let's talk about what makes a food record most helpful to you and your nutritionist.



DATE

Clearly list the date of your food record. Separate each day.

Why is this important? _____

AMOUNT

Write down the amount of food you ate...in grams, cups, ounces, tablespoons, teaspoons... Include the size (for example, a large banana or 2 small oranges).

Why is this important? _____

TYPE

Write down *exactly* what type of food you ate—Campbell's tomato soup, frozen green beans, low protein bread from Bread Machine Mix. Was the carrot canned or fresh? Was the candy a lollipop or a cinnamon disk? List the brand name when available.

Why is this important? _____

FORMULA

Include how your formula is made. List the amount of powder, the amount of water, and everything else (2% milk, flavoring) that goes into your formula. If you didn't finish all of your formula, write down how much you had.

Why is this important? _____

FREE FOODS

Be sure to record all free foods and the amount of these foods eaten. These protein-free foods still contain energy (calories)—your nutritionist keeps track of your total daily energy intake, too.

Why is this important? _____



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

(206) 685-3015, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>