



Rhode Island Hospital

A Lifespan Partner



Food and Nutrition Services

593 Eddy Street

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GUIDELINES FOR KEEPING A FOOD RECORD

- 1) **Record all liquid and solid food.**
- 2) **Be specific about *portion sizes*. Use standard household measures such as ½ cup, ¼ cup, tablespoon, teaspoon. All measures should be level, not heaping, to be accurate.**
- 3) **If necessary, specify size be measurements.**
Example: Brownie, 2" x 2".
- 4) **Specify if a food is homemade or purchased. If purchased, specify size and brand.**
Example: ½ of a 13 oz. Can Chef Boy Ar Dee Ravioli.
- 4) **Describe method of preparation. Example: baked, broiled, fried. Include items used in preparation.**
Example: fried in 1tsp of corn oil
- 6) **Always include any item added to a food.**
Examples:
½ cup mashed potatoes with 1 tablespoon gravy
¾ cup Cheerios with 1 packet sweetener
- 7) ***Remember to include snacks.***
- 8) ***Remember to include liquids/beverages.***
- 9) **Please keep each day on a separate page.**

