Food Log

A food log is designed to capture a representation of your food intake to identify any potential dietary imbalances and explore ways to optimize your nutrition needs.

* Include what you eat or drink and the amount consumed, along with other specific information (e.g. reduced fat, baked, etc.).
* Rate your hunger/fullness cues on a scale of 1-10 by how your stomach feels before you eat *and* after you eat (1 = famished, starving; 3 = stomach grumble; 5 = neither hungry nor full; 7 = comfortably full; 10

= painfully full).

* Under “location/feelings,” indicate where you eat (e.g. home, restaurant) and how you are feeling in those moments (e.g. stressed, bored).

To get an accurate representation of your food intake, record a typical day of food and bring your completed food log to your appointment or email it to [nutrition@osu.edu](mailto:nutrition@osu.edu).

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| **Sample 24-Hour Food Log** | | | | |
| *Time* | *Food & Beverage Description* | *Amount eaten* | *Hunger/ Fullness* | *Location/Feelings* |
| 7:15 am | Blueberry bagel | 1 each | 4/8 | Driving – hurried; anxious |
|  | Cream cheese, light | 2 tablespoons |  |  |
|  | 100% orange juice | 6 ounces |  |  |
| 12:30 pm | Grilled chicken | 3 ounces | 3/7 | At desk - focused on work; anxious |
|  | Romaine lettuce | 1 cup |  |  |
|  | Spinach leaves | 1 cup |  |  |
|  | Baby carrots | ½ cup |  |  |
|  | Bacon bits | 2 tablespoons |  |  |
|  | Italian dressing, lite | 2 tablespoons |  |  |
|  | Crackers | 4 each |  |  |
|  | Water | 2 cups |  |  |
| 6:00 pm | Pepperoni pizza, personal pan | 3 slices | 2/8 | Restaurant – really hungry; relaxed |
|  | Coke | 12 ounces |  |  |
| 9:15 pm | Chocolate chip cookies, small | 4 each | 5/7 | Home – watching TV; bored |
|  | Skim milk | 1 cup |  |  |

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