



## AthletiCamps Nutrition Food Record

**Cost: \$150**

Dietary Journal for: \_\_\_\_\_ Date \_\_\_\_\_  
Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_

Please complete the following food record. The more accurate you are in recording, the more accurate your nutritional analysis. Return the forms by mail or fax *at least one week prior* to your appointment so our staff can analyze your food record and have the results ready for your test day.

Mail to: Marlia Braun  
E-mail: [mmbraun@ucdavis.edu](mailto:mmbraun@ucdavis.edu), [brucehendler@athleticamps.com](mailto:brucehendler@athleticamps.com)

### Instructions:

- Please write down everything you eat and drink for three (3) full days** (2 weekdays and one weekend day). Try not to change your diet in any way. These days should represent your normal eating patterns. Do not pick atypical days such as parties, holidays, weddings, etc.
- Be as accurate as possible when recording amounts.** Try to record your food intake as soon as you eat, otherwise it can be hard to remember at the end of the day. If you have mixed foods or casseroles, write down all the ingredients and amounts (salad: type of lettuce, croutons, vegetables, cheese, meat, dressing). Write down if foods are fresh, frozen, or canned and the brand name. For example, include specifics such as ½ cup 1% milk, 8 oz. fat free Dannon yogurt, 12 oz. calcium fortified orange juice.
  - Enter only one food item per line
  - Use measuring spoons for items such as jelly and condiments.
  - Use measuring cups for items such as vegetables, pasta, rice and cereals.
  - Use ounces or dimensions for meat, cheese, pizza and desserts.
  - Use number and size (small, medium and large) for bread rolls, raw fruits, etc.
  - Use ounces or cups for beverages.
- Record the date, time and place** (home or restaurant) of every meal and snack, as well as the method of preparation (fried, baked, barbecued, grilled, etc.).
- Feel free to **bring in recipes or labels of unusual foods.**
- Enter the type and duration of any physical activity** for each day. Include regular household chores as well as exercise. For example, record your training (30 min swimming for 2000 yds and 30 min running for 3.5 miles) as well as additional activity like 2 hours of gardening.
- Please list dietary supplements** (vitamins, minerals, glucosamine, etc.) and sports products, including sports drinks, sports bars and gels.







