

## Diet Log – Introduction and Instructions

Recording what you eat and drink is a helpful tool for observing your eating habits. Your log should have *at least* five complete days. Getting a full seven days is optimal, especially if your schedule is much different on weekends versus weekdays. **Below is an example of one day with all the details completed.**

- Record everything that passed your lips, please be as specific and accurate as possible.
- Don't forget to record sauces, condiments, salad dressings, and any fats or oils when cooking at home.
- Record your drinks and beverages, even if it's water. Water contains zero calories, but after bariatric surgery, tracking fluid intake will be necessary.
- Most "whole foods" items that don't have labels (fresh fruit or fresh chicken breast) and restaurants calorie counts be found online.
- If you prefer to use technology to track your diet, that is perfectly acceptable. Smartphone apps and websites exist that may streamline this process for some. Popular examples include MyFitnessPal, Chronometer, Loselt!, Baritastic, MyNetDiary, and more. Most of these allow you to create a digital file or printed copy to share with the clinic. This can be done on note book paper as well.

Bariatric surgery will profoundly impact the importance of your food choices, portion sizes, meal timing, and eating habits. Having a good idea of your current habits will enable you to quickly identify opportunities for change. You will have several appointments with the clinic's Registered Dietitian Nutritionist (RDN), who is here to support you. The goal is to prepare you for life beyond bariatric surgery, to reach your goals, and stay healthy for the rest of your life.

Time	Foods and Beverages	Amount	Calories	Place	Thoughts and Feelings
8:15 AM	Egg, poached Orange juice Toast Margarine	1 ½ cup 1 slice T tsp	70 60 75 35	Home (kitchen, at table, in front of TV)	Hungry, in a hurry
10:00 AM	Coffee, black	1 cup	0	Work	
12:30 PM	Sandwich: Bread roast beef mayonnaise lettuce, tomato sugar cookies Low-fat (1%) milk	2 slices reg. 2 oz 1 tbsp lite  2 1 ½ cups	140 80 35 ~5 150 150	Home	Hungry, ate alone
6:00 PM	Fried chicken Coleslaw Mashed potatoes Gravy Apple pie Lemonade	1 leg & thigh ½ cup 1 cup ¼ cup 1 piece 1 ½ cup	410 170 90 50 250 150	Restaurant (fast food, take out, sit down)	Enjoyed friends, got too full
10:00 PM	Buttered popcorn Diet cola	2 cups 2 cups (16 oz)	~140 0	Movie	Tired, popcorn smelled good
<b>Daily Total: 2,060 calories</b>					