

Food Log Instructions (Condition #2)

WW1430

What is a Food Log? A food log is designed to gather information about your daily eating habits. Extra pages included if needed for additional days.
How often and when do I fill out the food log? It is necessary for you to complete your food log every day. If possible, the food log should be completed after every meal.

Some other things to know about filling out the food log:

- Eat and drink as you **USUALLY** do other than the meal provided
- 3 hours prior to the provided lunch, and 3 hours after the provided lunch, please avoid eating or drinking anything other than water, black coffee, or tea with nothing added.
- Bring your food diary with you **EVERYWHERE** you go. Fill in the food diary at **WORK** and at **HOME**.
- Use a **NEW LINE** for every food and drink that you eat.
- Write down EVERYTHING you eat and drink, HOW MUCH of it you had, and the TIME you ate or drank it at.
- List foods such as sandwiches as **SEPARATE** food items. For example, a ham sandwich is written as: 2 slices of white bread, mustard and 1 slice of ham.
- Include brand names of food items that you ate during the day. For example:
 - Cereal: Honey Nut Cheerios, Cinnamon Toast, Crunch, Twix, etc.
 - Chips: Lay's Wavy Potato Chips, etc.
 - Soda: Mountain Dew, Coke, Pepsi, and Regular vs. Diet.
- Don't forget all those **LITTLE EXTRAS** that you eat with your meals. Some examples are salt, sugar, butter, ketchup, and mayo.
- Don't forget to include all **SNACKS AND DRINKS** that you have in between meals. Some examples are candy, chips, fruit and drinks such as tea, water, soda.
- For any **FAST FOOD**, write down the **NAME** of the restaurant such as McDonald's or Panera Bread.
- For all cooked foods, tell us **HOW** it was **COOKED**. Some ways of cooking foods are frying, boiling, roasting, baking, and grilling.
- Include all **SUPPLEMENTS** you take in the comments of the log for each day.

EXAMPLE:

MONDAY Date: 1/15/2020				
Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	6:40 am	2 slices whole wheat toasts w/ 2 tbsp of chunky peanut butter	None	Took my multivitamin with 1 cup of water, 6 cups of coffee before lunch
Lunch	12:10 pm	Arugula and romaine salad (3 cups) w/ 1 oz blue cheese, 2 tbsp balsamic vinaigrette	None	4 cups of water between lunch and dinner
Dinner	6:30 pm	1 slice homemade lasagna, 2 slices garlic bread, 8 oz water, 4 oz skim milk, ¼ cup chocolate ice cream	Half a slice of garlic bread and 4 oz of skim milk	After dinner: 1 cup of coffee, 3 cups of water
Snacks	Morning: 8:30am	1 large honey crisp apple	None	
	Afternoon: 3:00pm	8 oz Lipton green tea with 1 large squeezed lemon	None	
	Evening: 7:00pm	4 Kroger brand saltine crackers	None	

Participant ID: WW1430

Condition #2, Week 1

Day 1 Date: 3/27/2023

Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	5:00 am	3 cups - 12oz instant coffee, sprinkle sugar, 3oz whole milk	none	23oz water between breakfast + lunch
Lunch	11:20 am	Panera 1/2 Turkey Sandwich Fruit Cup Sm Broc mac + cheese	none	
Dinner	5:00 pm	Potstickers with white rice, green beans, carrots, peppers, broccoli, soy sauce	none	finished one of my kids' bowls they barely touched
Snacks	Morning:	none		
	Afternoon: 2:30 pm	2 cups of nachos, 23oz water Scratch culinary - Herb Grilled Chicken meal	none	
	Evening: 11:00 pm	Potstickers with white rice, green beans, carrots, peppers, broccoli, soy sauce	none	finished other two kids' partial dinner bowls

Day 2 Date: 3/28/2023				
Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	6:00 am	12oz water 2 cups - 12oz instant coffee, sprinkle sugar 3oz whole milk	none	
Lunch	11:45 am	28oz water Panda Express medium white rice + mushroom chicken 0.4 oz soy sauce 2 fortune cookies	none	
Dinner	5:00 pm	1/2 peanut butter & jelly sandwich 20oz water	none	
Snacks	Morning:	none		
	Afternoon: 3:00 pm	28oz water 1/2 bologna & cheese sandwich	none	
	Evening: 9:00 pm	shredded colby jack cheese, 3 meatballs, 2 cups spinach 2 chicken thighs, 1 cup white rice, 0.2oz soy sauce ^{spinach} leave	none	handful goldfish, 12oz water miscellaneous leftovers from weekend

Day 3 Date: 3/29/2023				
Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	8:45 am	2 cups. 12 oz instant coffee, sprinkle sugar, 32 oz whole milk	None	
Lunch	11:00 am	Panera - 16 oz Peach Blueberry Smoothie 1/2 Chipotle Chicken Avocado sandwich 20 oz water	None	
Dinner	7:45 pm	1/2 chicken breast, mixed veggies, 1/2 cup white rice 3 potstickers, honey/soy sauce	None	
Snacks	Morning: —	None		
	Afternoon: 1:00 pm	20 oz water	None	
	Evening: 10:00 pm	20 oz water, 2 hand fulls Goldfish crackers 6 potstickers, mixed veggies, 1/2 cup white rice	None	

Day 4 Date: 3/30/2023

Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	6:45am	2 cups - 12oz instant coffee, sprinkle sugar, 3oz whole milk	none	
Lunch	11:45am	Pita Jungle - Gyro w/ side of cucumbers	none	
Dinner	6:30pm	1 chicken breast w/ American cheese + mustard Sandwich 1/2 chicken breast w/ 1 cup white rice, shredded Colby Jack cheese, 0.2oz soy sauce, sprinkle ranch dressing 1 cup instant mashed potatoes w/ mixed veggies + ground turkey burger	none	leftovers / cleaning Kids plates
Snacks	Morning: 10:00am	28oz water	none	
	Afternoon: 1:00pm	28oz water	none	
	Evening: 10:00pm	28oz water bowl of ground turkey burger, mixed veggies, 1 cup instant mashed potatoes	none	leftovers

Day 5 Date: 3/31/2023

Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	6:30am	2 cups 12oz instant coffee, Sprinkle sugar, 3oz whole milk 34oz water	none	
Lunch	11:10am	Panera - 16oz Peach-Brie berry smoothie 1/2 bacon turkey bread sandwich 16oz bag potato chips	none	
Dinner	9:30pm	2 cups instant mashed potatoes 2 cups turkey burger soup w/mixed veggies	none	
Snacks	Morning:	none		
	Afternoon: 2:00pm	34oz water	none	
	Evening: 7:00pm	Chocolate Milkshake	none	

Day 6 Date: 04/01/2023				
Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	7:30am	1 cup 12oz insta coffee, sprinkle sugar 3oz whole milk	None	
Lunch		None		
Dinner	5:30	20oz water 3 servings Rotini w/ tomato sauce + meatballs	None	Kids leftovers
Snacks	Morning: 9:30	1/2 oz box BBQ Large chips	None	Leftover soccer snack
	Afternoon: 4:00	20oz Sodalicious orange soda w/ cream	None	
	Evening: 11:10	Jack in the box - 2 tacos, cheese bacon curly fries, Regular oreo milk shake	None	36oz water between dinner + snack

Day 7 Date: 04/02/2023

Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	8:30am	1cup - 12oz instant coffee, sprinkles sugar, 3oz whole milk	none	
Lunch	12:00pm	Burrito Mini pizza w/ green peppers 22oz draft beer	none	
Dinner	6:30pm	2 pieces veggie pizza 22oz draft beer	none	
Snacks	Morning: 11:00am	28oz water Pack of peanut butter cracker sandwiches (6)	none	
	Afternoon: 2:00pm	22oz draft beer, 1/2 McDonald's cheeseburger, French fries	none	
	Evening: 8:00pm	28oz water 8oz chocolate milk	none	

Participant ID: WW1430

Condition #2, Week 2

Day 1 Date: 04/03/2023				
Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	6:30 am	2 cups - 12oz instant coffee, sprinkle sugar, 3oz whole milk 8oz water	None	
Lunch	11:00 am	Panera - 5m broccoli mac + cheese 1/2 turkey sandwich fruit cup 28 oz water	None	
Dinner	9:00 pm	1 cup - 12oz instant coffee, sprinkle sugar, 3oz whole milk 2 chicken burritos w/ shredded cheese + sour cream (homemade) 28 oz water	None	
Snacks	Morning:	None		
	Afternoon: 3:00 pm	3/4 mini. Barrio's pizza w/ green peppers	None	
	Evening:	None		

Day 2 Date: 04/04/2023

Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	6:45 am	2 cups - 12oz. instant coffee, sprinkle sugar, 3oz whole milk 24oz water	none	
Lunch	1:45 pm	Panda Express medium white rice & mushroom chicken 2 chicken thighs w/ red peppers 2 fortune cookies 24oz water	none	
Dinner	9:00 pm	20oz water Spiced bacon, biscuit, 1 slice American Cheese 2 servings Sweet & sour meatballs over white rice	none	
Snacks	Morning: 9:45	24oz water	none	
	Afternoon:	none		
	Evening:	none		

Day 3 Date: 04/05/2023				
Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	5:45 am	2 cups 12oz instant coffee, sprinkle sugar, 3oz whole milk 18oz water	none	
Lunch	11:15 am	Pmwa 16oz Peach Blueberry smoothie 1/2 Chipotle chicken avocado sandwich	none	
Dinner	5:00 pm	2 bowls hamburger / mixed vegetables soup 1 can chunked pineapple 18oz water	none	
Snacks	Morning:	none		
	Afternoon: 2:30 pm	18oz water 2 pieces bacon, 1 slice American cheese small sandwich	none	
	Evening: 7:30 pm	Large Backus Pudding 20oz water Reese's Cup milkshake	none	

Day 4 Date: 04/06/2023

Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast	6:30am	2 cups - 12oz instant coffee sp/white sugar, 3oz whole milk	none	
Lunch	1:30pm	Pita Jungle - 9 1/2 w/ side of cucumbers	none	
Dinner	5:30pm	2 servings sweet & sour meatballs 1/2 Peanut butter & jelly sandwich 1 ^{spring} cheese stick	none	
Snacks	Morning: 10:45	28oz water	none	
	Afternoon: 2:45pm	28oz water	none	
	Evening: 8:30pm	28oz water 3 black bean chili sloppy joes w/ mixed ^{veggies} veg ^{sour cream} , shredded cheddar cheese	none	

Day 5 Date: 04/07/2023				
Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast				
Lunch				
Dinner				
Snacks	Morning:			
	Afternoon:			
	Evening:			

Day 6 Date: 04/08/2023				
Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast				
Lunch				
Dinner				
Snacks	Morning:			
	Afternoon:			
	Evening:			

Day 7 Date: 04/09/2023				
Meal Type	Time	Foods, amounts, preparation	How much of the food/drink was leftover?	Comments
Breakfast				
Lunch				
Dinner				
Snacks	Morning:			
	Afternoon:			
	Evening:			