

Instructions for food recording

1 Specify the food as closely as possible.

Try to be very specific in your food and drink descriptions. Different manufacturers and different variants of foods can vary considerably in nutrient content.

NO: cheese **YES:** Eidam 45 %

2 Ideally, please indicate the weight of the food.

The specific weight of the food will help us to assess your nutrient intake very accurately. If you do not have the scales, please write down at least the most accurate estimate of the amount (1 slice, 1 tablespoon, 1 handful, etc.)

3 Record weekdays and weekends.

Weekend days usually have a different regime than weekdays. Ideally, you should include weekend days in the record.

4 Try to keep the record true to reality

Do not select days for recording when such as parties or family visits are taking place. Also record all the food you eat on that day. Truthfulness in this case plays in your favor.

5 In children, indicate the amount of food given and food eaten.

Children, especially preschoolers, may not always eat everything we put on their plate. In order to see how much nutrients they have not only eaten but also been offered by their parents, please record both the amount of food given and the amount eaten.