



The Science of Weight Loss: Dispelling Diet Myths

2.3 Food Record

Usual day? Yes / No

Meal/Time	Food (including brand and cooking method)	Weight/Volume
<i>Breakfast/7:00am</i>	<i>Muesli (toasted), brand, fruit free</i>	<i>½ cup (45g)</i>
	<i>Milk, brand, reduced fat</i>	<i>½ cup (125ml)</i>
	<i>Blueberries, fresh</i>	<i>½ punnet, 60g</i>
	<i>Cup of tea, teabag</i>	<i>1 tea bag</i>
	<i>Hot water</i>	<i>200ml</i>
	<i>Milk, brand, reduced fat</i>	<i>30ml</i>

