

Recording Computer Assessment Sheets

Before you start recording your week's diet, make sure you have the equipment required for this exercise. You will need either a small weighing scale or measuring cups & spoons.

Please fill in the sheets as indicated on the Food sheets. We analyse everything you eat and drink, therefore don't forget to record any spontaneous eating/ snacking (that includes after dinner mints too!) We need the food sheets at least 1-2 days before your appointment so that we can process your sheets in time. Thank you for ordering a computer assessment and Happy Recording!

An example:

	Monday	Tuesday	Wednesday
Cereal - type - amount	Type of cereal (e.g. MUESLI – 45g or ½ cup		
Fruit - type - amount	Banana – 120g		
Bread / Toast - type - amount	Wholemeal bread – toast (36g) x 2		

Do not forget all your beverages such as cordial, juices, alcohol, water etc. as we calculate your fluids balance for you as well.

Beverage - type - amount	Coffee (brewed) x 2 (with 2 tsp sugar) Orange Juice x1 (300ml) Water x1 (200ml) Red wine x 2 (300ml each)		
Milk - type - amount	Whole milk (25ml) x 2		

Lastly, do not forget to weigh your **cooked** meat.

	Monday	Tuesday	Wednesday
Meat (Cooked Weight) - type - amount - cooking	Rump steak (250g) x 1 (Grilled)		