

## **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<br>- type<br>- amount        | Type of cereal<br>(e.g. MUESLI –<br>45g or<br>½ cup |         |           |
| Fruit<br>- type<br>- amount         | Banana – 120g                                       |         |           |
| Bread / Toast<br>- type<br>- amount | Wholemeal<br>bread – toast<br>(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<br>(25ml) x 2   |  |

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

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