

# OPH Good Housekeeping – Food Diary

## Instructions

Write down the different portions of food you consumed under the four separate categories of; breakfast, lunch, dinner, and snacks.

Estimate the size of portions of that particular item, for example if you have a portion of carrots write down the weight consumed, say, 100 g. For other items such as eggs the portion will represent how many you had, say, 2.

Once you have the weight of each portion go to our food nutrition pages at <http://www.oph-good-housekeeping.com/food-nutrition.html> to find out the relevant nutritional values.

Using the same nutritional pages work out the carbohydrate contents of the individual portions. This is important because eating too many carbs will make it harder for you to lose weight.

## How do I calculate the calories and carbs I have eaten?

At the top of each nutritional value table you'll find out the calories and carbs for a set weight of food, generally per 100g. With this information you can apply the following calculation:

$(\text{Portion amount} \div \text{Set food weight}) \times \text{Listed calorific or carb rating} = \text{Actual calorific or carb rating.}$

For example. If you had eaten 225 g of carrots, using the above calculation in conjunction with our nutritional values will yield the following results.

$$\begin{array}{r} \text{Portion amount (225 g)} \\ \div \\ \text{Set food weight (100 g)} \\ \times \\ \text{Listed calorific rating (37 g)} \\ = \\ \underline{83.25 \text{ calories}} \end{array}$$

