

# Health Facts for You



## Food Record

Patient Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Clinic: \_\_\_\_\_

### Food Record of Everything You Ate or Drank

Write the name and amount of all food or drinks. Include brand names. Don't forget extras like butter, salad dressings, sauces, and gravy. Write how they are prepared (ex. baked or fried). Give amounts, such as 1 teaspoon, 1 Tablespoon, 4 ounces, ½ cup or 1 saltine cracker.

### Stooling Pattern

Record **type** and **when** stool occurs. Can add comments about pain, gas, or any description of a problem.

Food and Amount	Time	Diarrhea	Soft	Hard	Other
Breakfast					
Snack					
Lunch					
Snack					
Dinner					
Snack					

Please record any vitamins, minerals, or herbal supplements used: \_\_\_\_\_

Please return completed form to: \_\_\_\_\_

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at [www.uwhealth.org/nutrition](http://www.uwhealth.org/nutrition).

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 3/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#473.