



Multiple Day Food Record

ID # _____

General Instructions

- Please eat as you usually eat.
- Record everything you eat and drink, including snacks.
- Complete the *Meal* and *Place Prepared* columns for each meal or snack. Please write in name of restaurant if you know it.
- Start each new day on a new page.
- Please write clearly.

How to Record Each Food

- Describe each food and beverage in detail, as best you can.

INCLUDE	FOR EXAMPLE
How prepared	Fried, grilled, breaded, etc.
Added fats	Fried in butter
Brand name	Stouffer's Frozen Lasagna with Meat & Sauce
Portion size	½ cup, 4 oz. [weight from package], 1" x 3" x 2" cube

- Describe each ingredient in a mixed dish or use page 18:

Chicken Caesar Salad	3 cups romaine, 1 medium chicken breast (no skin) grilled, ¼ cup caesar dressing, 2 Tbsp. parmesan cheese, 6 large croutons
Spaghetti & Meat Balls	1½ cups cooked spaghetti, 4 meatballs (1" diameter), ½ cup Ragu meatless spaghetti sauce, 1 Tbsp. parmesan cheese

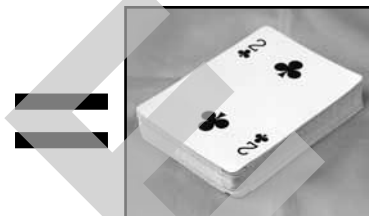
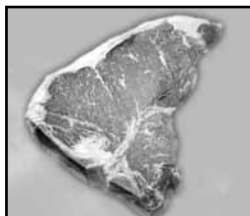
- For help with portion sizes, use *Five Ways to Size up Your Servings* (on next page) and the ruler on the back of this booklet.

Five Ways to Size Up Your Servings

1

3 ounces of meat is about the size and thickness of a deck of playing cards.

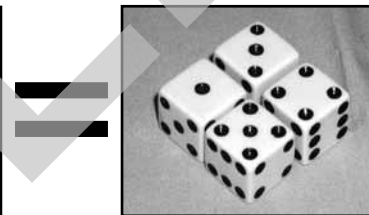
3 oz.



2

1 ounce of cheese is about the size of 4 stacked dice.

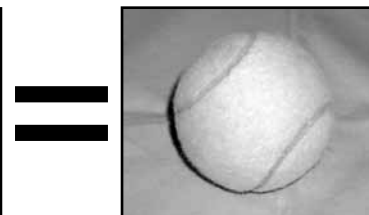
1 oz.



3

½ cup of ice cream is about the size of a racquetball or tennis ball.

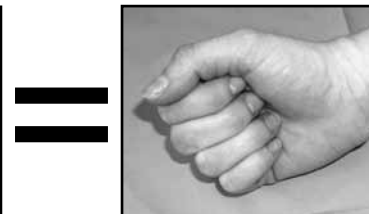
½ c.



4

1 cup of mashed potatoes or broccoli is about the size of your fist.

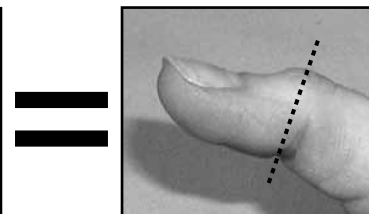
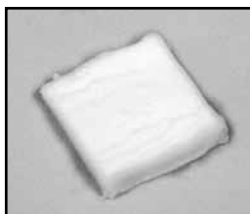
1 c.



5

1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.

1 tsp.



General Questions

Please check (✓) below.

	Usually / Always	Sometimes	Rarely / Never
1. When you eat bread or rolls, how often do you add butter or margarine?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When you cook vegetables, how often do you add oil, margarine or butter?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. When you eat vegetables, how often do you add oil, butter or margarine at the table?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. When you eat potatoes, how often do you use butter, margarine, or sour cream?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. How often do you use milk or cream in coffee or tea?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. When you eat chicken or turkey, how often do you eat the skin?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When you eat beef, pork, ham or lamb, how often do you eat the fat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. When you eat salads, how often do you use dressing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What type of milk, spreads and cooking oils did you use while keeping this record?

Please specify only the type you use most often. Please check (✓) below.

1. Milk (include all types—cow milk, acidophilus, and soy milk):

- Whole 2% 1% Skim Didn't use
 Other _____

2. Margarine (please check one box for A and one box for B):

- A)** Stick Tub Squeeze Spray Didn't use
B) Regular Light Fat-free Didn't use
Brand name _____

3. Real Butter:

- Regular Whipped Light Didn't use

4. Salad Dressing:

- Regular Diet/low-fat Fat-free Didn't use
Brand name _____ Type _____

5. Oil:

- Canola oil Corn oil Olive oil Safflower oil
 Soybean oil Other oil Didn't use

6. Mayonnaise:

- Regular Diet/low-fat Fat-free Didn't use
Brand name _____

7. Did you use a scale to weigh foods?

- Yes No

Day: Saturday (example)Date: 11 / 5 / 09

MEAL		PLACE	FOOD AND BEVERAGES	AMOUNT			
B = Brkfast	L = Lunch	D = Dinner			S = Snacks	PREPARED	H = Home
1	B	R	Denny's [®] buttermilk pancakes, about 6" across ea.	2			
2			Butter, whipped	2 tsp			
3			Maple syrup	¼ cup			
4			Bacon, 6" long	2 strips			
5			Coffee, decaffeinated	2 cups			
6			Half & half	2 Tbsp			
7	S	R	Starbucks [®] tall latte, made with 2% milk	12 oz.			
8	L	H	Ham sandwich				
9			Rye bread, regular size	2 slices			
10			Ham (from the Albertson's deli)	3 slices			
11			Kraft [®] American cheese slice	1 slice			
12			Best Foods [®] light mayonnaise	2 tsp			

Day: Saturday (example), continuedDate: 11 / 5 / 09

MEAL		PLACE PREPARED		FOOD AND BEVERAGES	AMOUNT	
B = Brkfast	L = Lunch	D = Dinner	S = Snacks			H = Home
1				Doritos [®] regular tortilla chips	12 chips	
2				Salsa	¼ cup	
3				Lemonade, reconstituted from frozen	10 oz.	
4				Chips Ahoy [®] chocolate chip cookies, 3" diameter	2 cookies	
5	D	H		Chicken Broccoli Casserole (see recipe on page 18)	1 serving	
6				Salad:		
7				Romaine lettuce	1 cup	
8				Tomato	¼ med	
9				Kraft [®] Italian fat free salad dressing	1 Tbsp	
10				Potato wedges, roasted in olive oil	1 cup	
11				Ketchup, regular	1 Tbsp	
12	S	H		Yellow cake with chocolate frosting, 3.5" L x 2" W x 1.25" thick	1 cube	

Day: _____

Date: ____/____/____

MEAL
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 L = Lunch
 D = Dinner
 S = Snacks

**PLACE
 PREPARED**
 H = Home
 R = Restaurant
 O = Other

FOOD AND BEVERAGES**AMOUNT**

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Date: ____/____/____

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FOR NUTRITION ASSESSMENT USE ONLY

Coded by _____

Date reviewed _____

Reviewed by _____



Thank you!