

# Daily Food Record

Name (print): \_\_\_\_\_

Day/Date of Intake: \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_

Meal	Date	Time Of Day	Food Item	Amount	Description (Brand or restaurant)	How Prepared (if applicable)
<b>Breakfast</b>						
<b>Lunch</b>						
<b>Dinner</b>						
<b>Snacks</b>						

- Record food items as completely as possible, listing separate ingredients when indicated (e.g., don't just write "sandwich", but include type of bread, filling, vegetables added, sauces and condiments).
- Don't forget beverages, including alcoholic beverages, sodas, and water.
- Estimate the amounts or serving size you consume as closely as possible in *units*, such as cups, ounces, teaspoons, and tablespoons. (NOTE: "one serving", "one bowl", or "one piece" are not acceptable units as they are subjective measures and don't relay quantifiable amounts.) You may want to measure foods to obtain a more accurate estimate of quantity.
- When indicated, include preparation method or other details that may help describe the food, for example: indicate whether a chicken breast is baked, grilled, breaded, fried, etc. or whether vegetables are raw, steamed, "Southern style", sautéed, fried, etc.

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