



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
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 19:

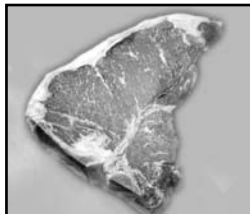
Chicken Caesar Salad	3 cups romaine, 1 medium chicken breast (no skin) grilled, ¼ cup caesar dressing, 2 Tbsp. parmesan cheese, 6 large croutons
Spaghetti & Meat Balls	1½ cups cooked spaghetti, 4 meatballs (1" diameter), ½ cup Ragu meatless spaghetti sauce, 1 Tbsp. parmesan cheese

- 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.



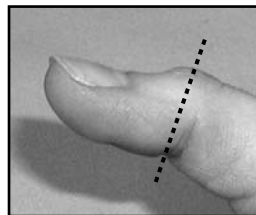
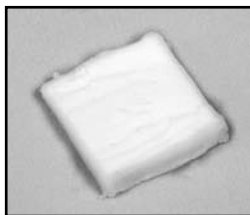
4 1 cup of mashed potatoes or broccoli is about the size of your fist.

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"/>
	Yes	No	
7. Do you eat in restaurants or purchase take-out food more than three times per week?	<input type="checkbox"/>	<input type="checkbox"/>	

What type of milk, spreads and cooking oils do you usually use?

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:

- Regular Diet/low-fat Fat-free Spray 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 _____

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

Day: Saturday (example)Date: 11 / 5 / 06

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® lowfat mayonnaise	2 tsp			

Day: Saturday (example), continuedDate: 11 / 5 / 06

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B = Brkfast L = Lunch D = Dinner S = Snacks	PREPARED H = Home R = Restaurant O = Other			
1			Doritos [®] regular tortilla chips	12 chips
2			Señor Felix [®] Salsa	¼ cup
3			Minute Maid [®] lemonade	10 oz.
4			Chips Ahoy [®] chocolate chip cookies, 3" diameter	2 cookies
5	D	H	Dirty Moore [®] Beef Stew	2 cups
6			Salad:	
7			Romaine lettuce	1 cup
8			Tomato	¼ med
9			Kraft [®] Italian fat free salad dressing	1 Tbsp
10			French bread (1 slice = 3"L x 2"W x ¾" thick)	2 slices
11			Butter, regular stick	2 tsp
12	S	H	Dreyer's [®] Grand Chocolate ice cream	1 cup

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