



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Please write down everything you eat for a 24 hour period. The more detailed the information you provide, the better we can estimate your daily food consumption.

To do this:

1. Write down EVERYTHING you eat or drink in the order in which it was eaten. Use brand names.
2. Include meals and snacks as well as gum and candy
3. Write down how you prepared it (baked, fried, broiled, etc.)
4. Write down the amount you eat. If possible, weight/measure foods.
5. Write down items added to food (sugar on cereal, butter on bread, salad dressing on salad, etc.)
6. Write down the time you eat, what you were doing while eating, with who, how long the meal took to eat, your mood, and how hungry you were.

Examples:

<b>Time</b>	<b>Food and Preparation</b>	<b>Amount</b>	<b>How long did it take to finish eating the meal/snack?</b>	<b>What were you doing while eating/with who?</b>	<b>Mood</b>	<b>How hungry were you?</b>
5pm	Chicken breast (grilled)	4oz	15 minutes	Watching TV with my family	Happy	Very – Skipped Lunch
	Italian dressing marinade	2 tbsp				
	Broccoli (steamed)	1 cup				
	Milk, 2%	8oz				