

### 3. RECALLED FOOD INTAKE FOR ONE DAY

NAME: \_\_\_\_\_.

DATE: \_\_\_\_\_ AGE: \_\_\_\_\_ GENDER: \_\_\_\_\_.

TIME	PLACE	ACTIVITY	AMOUNT	TYPE OF FOOD
7:30 am	Kitchen	Eating	1 cup	Cheerios
			3/4 cup	2% milk
9:00	Star-Bucks	Friends	4.5 inch diam	Frosted jelly danish pastry
			1 grande (2 cups)	Café mocha w/ 4 Tbs. whipped cream
12:30	Taco Bell	Talking w/ friends	1 burrito consisting of	
			1--10 inch	Flour tortilla
			2 ounces	Grated American cheese
			3 Tbs.	Tomato based salsa
			3/4 c.	Refried beans
			1/2 c.	Mexican rice
			10 chips	Tortilla chips
			1/4 cup	Guacamole
4:00 pm	Driving	Eating	1 bar (1.5 oz)	Luna Energy bar
6:30 pm	Home	Talking w/ family	1/2 cup	Fried tofu (in 1 tsp oil)
			3 ounces	Fried chicken (in 1 tsp oil)
			1 cup	Steamed white rice
			1/4 cup	Steamed asparagus
			1 can (12 fl.oz)	coke

9:00 pm	Home	Watching TV	1/12 of 9" diam	Chocolate cake with icing
10:30 pm	Home	Relaxing	1 glass (4 fl.oz)	Red wine