

Detailed Food Intake Record

Name: _____

Reference Record #: _____

Tel: (Home) _____ (Mobile) _____

Date of Birth: _____ Gender: ☐ Male ☐ Female

| Breakfast | Place | Time |
|--|---|--------|
| | | |
| Food/Beverage | Describe how prepared; additional ingredients | Amount |
| Yogurt/other dairy | | |
| Fruit <ul style="list-style-type: none">• fresh• canned• other | | |
| Cereal <ul style="list-style-type: none">• cold/dry• oatmeal, grits• with milk | | |
| Bread <ul style="list-style-type: none">• butter or substitute• jam• white or whole grain | | |
| Meat | | |
| Eggs | | |
| Beverage <ul style="list-style-type: none">• coffee• juice• milk | | |

| | | |
|---|--|---------------|
| Lunch | Place | Time |
| | | |
| Food/Beverage | Describe how prepared; additional ingredients | Amount |
| Salad/dressing | | |
| Bread <ul style="list-style-type: none"> • butter or substitute • white or whole grain • mayo/mustard | | |
| Protein <ul style="list-style-type: none"> • meat/fish • egg • other | | |
| Vegetables <ul style="list-style-type: none"> • raw • cooked • butter or substitute • sauces | | |
| Soup | | |
| Fruit <ul style="list-style-type: none"> • fresh • canned • smoothie | | |
| Yogurt / other dairy | | |
| Beverage <ul style="list-style-type: none"> • milk • juice • soda/other | | |
| Dessert | | |
| Misc/Snacks | | |

| Dinner | Place | Time |
|--|---|--------|
| | | |
| Food/Beverage | Describe how prepared; additional ingredients | Amount |
| Main Dish <ul style="list-style-type: none"> • meat, fish, poultry • pasta dish • rice • casserole • other | | |
| Vegetables <ul style="list-style-type: none"> • raw • cooked • butter or substitute • sauces | | |
| Salad/dressing | | |
| Bread or rolls <ul style="list-style-type: none"> • butter or substitute • white or whole grain | | |
| Fruit <ul style="list-style-type: none"> • fresh • canned | | |
| Beverage <ul style="list-style-type: none"> • milk • juice • soda/other | | |
| Dessert | | |
| Misc/snacks | | |