

Nutrition Dairy Instructions ~ 24 Hour Recall:

Date: Write in the date of the diary entry. Record one 24 hour time period.

Time: Write down, as accurately as possible, the time you eat.

Foods Eaten: Be sure to include fluids, vitamins, and medications and other supplements, as well as foods. Write in the amount of food you eat, like “1 cup of oatmeal with 4 ounces of milk and medium size banana.”

If you list something as a “cup” (as in coffee or tea), a “glass” (milk, beer, water, etc.), or a “bottle” or “can,” estimate the size of the container (usually listed in fluid ounces). You may also write in just the quantity of the food when the amount is obvious, like “1 small hamburger with bun, 2 medium apples, 3 small cookies,” or a “serving of Chic-fil-A fries” (but write in whether it was a small or large order).

It is also important that you write in brand names of foods that you eat, as nutrient content will vary by manufacturer. And finally, write in the contents of foods where appropriate. For example, instead of writing “vegetable soup,” write in “soup with carrots, vegetable broth, onion, garlic, etc.” for foods with multiple ingredients.

24 Hour Dietary Recall

_____ Name

Date	Time	Foods Eaten - Include also fluids, vitamins and medications and other supplements