

24-Hour Food Record

- **Bring** your food record with you throughout the day and record what you eat and drink immediately. It is difficult to remember specifics hours later.
- **Record** everything you eat and drink throughout the day! Include meals, snacks, beverages, and condiments.
- Note approximate **times** that meals and snacks are eaten.
- Estimate **portion sizes** to the best of your ability. You can use familiar objects to describe your portions (ex. deck of cards, tennis ball, your fist).
- Indicate at the bottom of your record if the day's food intake is typical. If it was not a **typical day**, briefly say why.

Date: _____

Breakfast	Time of Day: _____ am/pm
Lunch	Time of Day: _____ am/pm
Dinner	Time of Day: _____ am/pm
Snacks	Time of Day: _____ am/pm
Time of Day: _____ am/pm	
Time of Day: _____ am/pm	

Was this a typical day's intake? Y / N If no, please explain why: