

24HDR

Patient ID:	
Dates of recorded intake:	
Nutritionist:	
Nutritionist Contact Information:	

Instructions for Keeping Your 24Hrs Food Record

- Please keep your 24hr food record for one day.
- Select day that closely resemble your usual eating habits.
- Each time you eat or drink anything (meals, snacks, etc.) during the day, write down what and how much was served and what and how much was eaten.
- To measure how much was eaten, use a set of **measuring cups and spoons** to help estimate amounts. Also see the examples below to estimate portion sizes.
- Note if food choices are homemade or purchased. Please include brand names whenever possible.

Amounts and Conversions

1/4 cup = 50 ml or 4 Tablespoons

1/3 cup = 75 ml or 5 1/2 Tablespoons

1/2 cup = 125 ml or 8 Tablespoons

2/3 cup = 150 ml or 10 1/2 Tablespoons





3/4 cup = 175 ml or 12 Tablespoons

1 cup = 250 ml or 16 Tablespoons

1 glass = 200 ml

30 gr = 1 slice of processed cheese or lunchmeat

How to Estimate Your Portion Size

Meat Ninety (90) gr of meat are about the size and thickness of a deck of playing cards	
Fruit A medium apple or peach is about the size of a tennis ball	
Grains One cup of rice or pasta is about the size of your fist	
Cheese Thirty (30) gr of cheese is about the size of four dice	

Three-Day Food Record Checklist

Beverages	What kind of milk? Homo, 2%, 1%, skim, other. Was it fruit juice or fruit beverage or drink?
Breads	Did you spread on butter or margarine?
Cereal	Did you add milk? Did you add sugar or fruit?
Dairy	What brand or kind of yogurt? What brand or kind of cheese?
Vegetables	Was it raw or cooked? Was it fresh, frozen or canned? Did you add any butter, margarine or sauce?
Fruit	Was it a small, medium or large fruit? Was it fresh, frozen or canned?
Grains	Did you add any butter, margarine, peanut butter, jam or honey? Was it a half or whole sandwich? Was it a small or large muffin or bagel?
Fish	Was your canned fish packed in water or oil How did you cook your fish?
Meats	How did you cook your meat? What kind of cut was it e.g. chicken leg or chicken breast?
Soups	Was your soup prepared with milk, water or cream?
Restaurants	What restaurant was it?
Packaged food	What brand was it?

SAMPLE MENU – 24 HRS

Day 1: Tuesday, May 14, 2015				
Time of Meal or Snack	Type of Food or Beverage Offered	Amount Eaten	Method of Preparation or Brand	Comments (e.g. amount of food served, too tired to eat)
Breakfast	Cereal	½ cup	Honey Nut Cheerios	
	Milk 2%	½ cup		On cereal
	Banana	½ med		
AM Snack	Animal Crackers	10	Christie	
	Apple juice	120 gr	Allen's pure apple juice-canned	
Lunch	Grilled cheese sandwich			
	Whole wheat bread	1 slice	Dempsters	No crusts
	Cheese slice	1 slice	Kraft slices	
	Butter on bread	1 Tbsp		
	Yogurt – strawberry	75 ml	Mini-go	
	Milk	½ cup	2%	
PM Snack	Granola bar	1 bar – 35 g	Quaker Chewy, Trail Mix – tropical fruit	Ate half of it
Dinner	Chicken fingers	1 ½	President's Choice	
	French fries	10	McCain regular	
	Honey	2 Tbsp		For dipping
	Ketchup	2 Tbsp	Heinz	
	Carrots	½ medium	Raw, cut in sticks	
	Milk	½ cup	2%	
Evening Snack	Ice cream	1 cup	Chocolate Nestle	

Was this day's intake considered: [] Poor [X] Average [] Very Good

24 HRS

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Time of Meal or Snack	Type of Food or Beverage Offered	Amount Eaten	Method of Preparation or Brand	Comments (e.g. amount of food served, too tired to eat)
Breakfast				
AM Snack				
Lunch				
PM Snack				
Dinner				
Evening Snack				

Was this day's intake considered: [] Poor [] Average [] Very Good