24-HOUR DIET RECORD

NAME: ___________________________________________ ID# ____________________________

Write down everything that you eat and drink for ____ day(s) during the following time period: ____________________________________________________________

Please include: _______ weekdays _______ weekend days

Choose days that are typical of your current eating habits.

DIRECTIONS

• Start with your first meal of the day. Record all foods, beverages, and supplements that you consume (except water) during the next 24 hours. Record the time of day that you consume each item.

• Record each item right after you consume it, rather than later in the day.

• If possible, list separately the different foods that compose one food item. Example: ham sandwich with ham, mayonnaise, and lettuce.

• If possible, specify the brand name, and how the item was prepared. Example: broiled, steamed, fried, poached, toasted, grilled, baked, or raw.

• If you eat at a restaurant, write the name of the restaurant.

• Include side items like gravy, jams, sauces, salads dressing, butter, margarine, sugar, and milk on cereal. Include alcohol-containing beverages.

• YOU MAY HAVE WATER on the evening prior to and the morning of your visits! Water is actually encouraged. Do not consume flavored, or carbonated water on the evening prior to or on the morning of your Glucose Tolerance Test.

• Describe amounts as accurately as possible. Record amounts in terms of dimensions, weight, or portion size. See below for some tips:

  Meats, poultry and fish
  Record in ounces, or measure the dimensions.
  
  Example: Beef, 3 oz.
  Example: Beef, 1 piece, 2" x 3" x 1"

  Cereals, fats, & many snack items
  Record in ounces, or in measuring cup or measuring spoon sizes.
  
  Example: Cole slaw, 1/2 cup
  Example: Margarine, 1 tsp.

  Beverages
  Record in fluid ounces or measuring cup sizes.
  
  Example: Cola, 12 oz. can
  Example: Coffee, 1 cup

  Fruits and vegetables
  Record in number of items or in measuring cup sizes.
  
  Example: Cole slaw, 1/2 cup
  Example: Apple, 1 item.
<table>
<thead>
<tr>
<th>Time</th>
<th>Food Item</th>
<th>Amount Eaten</th>
<th>How Prepared</th>
<th>Brand Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>EX: 8:00 a.m.</td>
<td>Cereal, oatmeal</td>
<td>1 cup (cooked)</td>
<td>in microwave</td>
<td>Quaker Oats</td>
</tr>
<tr>
<td>EX: 8:00 a.m.</td>
<td>Milk, 1% fat (with cereal)</td>
<td>¼ cup</td>
<td>added to cereal</td>
<td></td>
</tr>
</tbody>
</table>