

** Please complete form and fax, mail, or email 1-3 weeks before your visit **

Date of Intake: ___/___/___

Food Intake Record – 3 days

Meal (breakfast, snack, lunch, dinner)	Meal Location (home, restaurant, etc)	Name of Food Item or Beverage: ONE FOOD ITEM PER LINE PROVIDE AS MUCH DETAIL AS POSSIBLE	Amount consumed (tsp, Tbs, cups)
<i>Breakfast</i>	<i>Home</i>	<i>Kashi Go Lean Cereal, Original</i>	<i>1 cup</i>
		<i>Milk, Skim</i>	<i>1/2 cup</i>
		<i>Coffee, Decaf</i>	<i>2 cups</i>
		<i>Creamer, Liquid, Fat free, Vanilla</i>	<i>2 Tbs</i>
		<i>Splenda</i>	<i>2 packets</i>
		<i>Fage Yogurt 0%</i>	<i>6 oz</i>
		<i>Strawberries</i>	<i>6</i>
<i>Snack</i>	<i>Car</i>	<i>Extend bar, Chocolate Peanut Butter</i>	<i>1 bar</i>
		<i>Pear</i>	<i>1</i>
		<i>Bottle water</i>	<i>16 fl oz</i>
<i>Lunch</i>	<i>Chick-Fil-A</i>	<i>Chargrilled Chicken Sandwich</i>	<i>1</i>
		<i>Medium Fruit Cup</i>	<i>1</i>
		<i>Iced Tea</i>	<i>16 fl oz</i>
		<i>Sweet N Low</i>	<i>1 packet</i>
<i>Snack</i>	<i>Home</i>	<i>Celery Stalks</i>	<i>4</i>
		<i>Better N Peanut Butter</i>	<i>3 Tbs</i>
		<i>Grapes, Red</i>	<i>12</i>
<i>Dinner</i>	<i>Home</i>	<i>Tuna, canned in water</i>	<i>4 oz</i>
		<i>Fat free Miracle Whip</i>	<i>2 Tbs</i>
		<i>Pickle Relish</i>	<i>1 Tbs</i>
		<i>Romaine Lettuce</i>	<i>2 cups</i>
		<i>Baby Carrots</i>	<i>6</i>
		<i>Cherry Tomatoes</i>	<i>6</i>
		<i>Apple, diced</i>	<i>1</i>
		<i>Carr Water Crackers</i>	<i>5</i>
<i>Snack</i>		<i>Snackwells Fat Free Cookies</i>	<i>2</i>

*Please feel free to attach any recipes on a separate page

Date: _____

Study ID# _____

Visit # _____

Physical Activity, Fruits, Vegetables, Nuts

Did you do any physical activity in **the last month**? _____

How many times per week did you do each activity? And for how long? (ex. Walk 2days/week; 30 min)

Thinking about **the last month**, on average, how many servings did you have of each of the following items **per week**: (ex. fish twice per week in the last month)

Fish or shellfish (Including canned tuna in water): _____ Large Average Small
(Note: average serving size is 4 ounces or 1/2 can)

Fruits (fresh or dried): _____ Large Average Small
(Note: average serving size is 1 whole piece or 1 cup cut-up fruit)







Fruit Juice: _____ Large Average Small
(Note: average serving size is 1/2 cup or 4 ounces)

Vegetable Salads or raw vegetables: _____ Large Average Small
(Note: average serving size is 1 cup)

Cooked vegetables (fresh, frozen or canned): _____ Large Average Small
(Note: average serving size is 1/2 cup)

Nuts or nut butters (like peanut butter): _____ Large Average Small
(Note: average serving size is 2 Tbsp)

SAMPLE SERVING SIZES

1	3 ounces of meat is about the size and thickness of a deck of playing cards or an audiotape cassette.	
2	A medium apple or peach is about the size of a tennis ball.	
3	1 ounce of cheese is about the size of 4 stacked dice.	
4	1/2 cup of ice cream is about the size of a racquetball or tennis ball.	
5	1 cup of mashed potatoes or broccoli is about the size of your fist.	
6	1 teaspoon of butter or peanut butter is about the size of the tip of your thumb.	
7	1 ounce of nuts or small candies equals one handful.	