

Name \_\_\_\_\_

## Food Intake Record

for (date) \_\_\_\_\_

Directions: Record the food that you have eaten for the last 24-hour period, starting with breakfast. Try to be as accurate as possible with the type of food eaten and the amounts. List each food separately. For example: a peanut butter and jelly sandwich would be listed as follows:

Meal	Food	Amount	Food Group	Servings
Lunch	Peanut Butter	2 tablespoons	Meat	2
	Jelly	2 Tablespoons	FOS	2
	Bread – white	2 slices	Breads, Cereals, Pasta	2
	Milk	1 cup	Dairy	1
	Apple	1 medium	Fruit	1

Meal	Food	Amount	Food Group	Servings
Breakfast				
Lunch				
Dinner				
Snack				