- Record all foods and beverages consumed for four days and nights before your visit.
- Describe the type of food, brand, and how it was prepared.
- List the amount consumed using cup, ounces, inches, etc.
- Don't forget snacks and beverages, and extras such as cream, sugar, margarine or mayo.

Circle type of day: Workday Non-Workday Holiday Prep: Write in where the food was prepared; Home-prepared (H), Restaurant (R), Take-out (TO) or Convenience Food (C)			Circle type of day: Workday Non-Workday Holiday Prep: Write in where the food was prepared; Home-prepared (H), Restaurant (R), Take-out (TO) or Convenience Food (C)		
Time	Prep	Food Amount	Time	Prep	Food Amount

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