

Use this document to record your intake for three days (two weekdays and one weekend day). Handwritten or typed are both fine - will need to upload, scan or take a legible picture to submit. You will use these records to analyze your intake using Analyze My Diet tracker and generate reports (average of the three days).

## AMD Daily Food Record

Name (print): \_\_\_\_\_

Day/Date of Intake: \_\_\_\_\_

Meal	Food Item	Measurement Unit/Amount	Description (brand or restaurant if applicable)	How Prepared (if applicable)
<b>Breakfast</b> Approx. time: Location: Who with (i.e., friends, roommate, etc. or alone):				
<b>Lunch</b> Approx. time: Location: Who with (i.e., friends, roommate, etc. or alone):				
<b>Dinner</b> Approx. time: Location: Who with (i.e., friends, roommate, etc. or alone):				
<b>Snacks</b> Approx. times: Locations: Who with (i.e., friends, roommate, etc. or alone):				

- Record food items as completely as possible, listing separate ingredients when indicated (e.g., don't just write "sandwich", but include type of bread, filling, vegetables added, sauces and condiments).
- Don't forget beverages, including water, sodas, milk, and alcoholic beverages, sodas.
- Estimate the amounts or serving size you consume as closely as possible in *units*, such as cups, ounces, teaspoons, and tablespoons. (NOTE: "one serving", "one bowl", or "one piece" are not acceptable units as they are subjective measures and don't relay quantifiable amounts.) You may want to measure foods to obtain a more accurate estimate of quantity.
- "Eye ball" approx. servings: tennis or baseball = 1 cup; golf or ping pong ball = 2 tbsp., deck of cards = 3 ounces meat, chicken, or fish. Record serving sizes in ounces or grams when information available.

When indicated, include preparation method or other details that may help describe the food, for example: indicate whether a chicken breast is baked, grilled, breaded, fried, etc. or whether vegetables are raw, steamed, "Southern style", sautéed, fried, etc.

## AMD Daily Food Record

Name (print): \_\_\_\_\_

Day/Date of Intake: \_\_\_\_\_

Meal	Food Item	Measurement Unit/Amount	Description (brand or restaurant if applicable)	How Prepared (if applicable)
<b>Breakfast</b> Approx. time: Location: Who with (i.e., friends, roommate, etc. or alone):				
<b>Lunch</b> Approx. time: Location: Who with (i.e., friends, roommate, etc. or alone):				
<b>Dinner</b> Approx. time: Location: Who with (i.e., friends, roommate, etc. or alone):				
<b>Snacks</b> Approx. times: Locations: Who with (i.e., friends, roommate, etc. or alone):				

- Record food items as completely as possible, listing separate ingredients when indicated (e.g., don't just write "sandwich", but include type of bread, filling, vegetables added, sauces and condiments).
- Don't forget beverages, including water, sodas, milk, and alcoholic beverages, sodas.
- Estimate the amounts or serving size you consume as closely as possible in *units*, such as cups, ounces, teaspoons, and tablespoons. (NOTE: "one serving", "one bowl", or "one piece" are not acceptable units as they are subjective measures and don't relay quantifiable amounts.) You may want to measure foods to obtain a more accurate estimate of quantity.
- "Eye ball" approx. servings: tennis or baseball = 1 cup; golf or ping pong ball = 2 tbsp., deck of cards = 3 ounces meat, chicken, or fish. Record serving sizes in ounces or grams when information available.
- When indicated, include preparation method or other details that may help describe the food, for example: indicate whether a chicken breast is baked, grilled, breaded, fried, etc. or whether vegetables are raw, steamed, "Southern style", sautéed, fried, etc.

## AMD Daily Food Record

Name (print): \_\_\_\_\_

Day/Date of Intake: \_\_\_\_\_

Meal	Food Item	Measurement Unit/Amount	Description (brand or restaurant if applicable)	How Prepared (if applicable)
<b>Breakfast</b> Approx. time: Location: Who with (i.e., friends, roommate, etc. or alone):				
<b>Lunch</b> Approx. time: Location: Who with (i.e., friends, roommate, etc. or alone):				
<b>Dinner</b> Approx. time: Location: Who with (i.e., friends, roommate, etc. or alone):				
<b>Snacks</b> Approx. times: Locations: Who with (i.e., friends, roommate, etc. or alone):				

- Record food items as completely as possible, listing separate ingredients when indicated (e.g., don't just write "sandwich", but include type of bread, filling, vegetables added, sauces and condiments).
- Don't forget beverages, including water, sodas, milk, and alcoholic beverages, sodas.
- Estimate the amounts or serving size you consume as closely as possible in *units*, such as cups, ounces, teaspoons, and tablespoons. (NOTE: "one serving", "one bowl", or "one piece" are not acceptable units as they are subjective measures and don't relay quantifiable amounts.) You may want to measure foods to obtain a more accurate estimate of quantity.
- "Eye ball" approx. servings: tennis or baseball = 1 cup; golf or ping pong ball = 2 tbsp., deck of cards = 3 ounces meat, chicken, or fish. Record serving sizes in ounces or grams when information available.

When indicated, include preparation method or other details that may help describe the food, for example: indicate whether a chicken breast is baked, grilled, breaded, fried, etc. or whether vegetables are raw, steamed, "Southern style", sautéed, fried, etc.