FOOD RECORD

Name:	Date:
1 (MIIIC)	- Butci -

Please write down all that you ate or drank yesterday.								
Time	Food Items	Portion	Food Items	Portion	Food Items	Portion	Food Items	Portion
		Size		Size		Size		Size
8:00 am	Egg, fried	1	Corn Taco		Coffee with ereamer	1,Cup		
9:00 am	Orange Juice	1 Cup						
Time	Food Items	Portion Size	Food Items	Portion Size	Food Items	Portion Size	Food Items	Portion Size
4:00 am								
5:00 am								
6:00 am								
7:00 am								
8:00 am								
9:00 am								
10:00 am								
11:00 am								
12:00 pm								
1:00 pm								
2:00 pm								
3:00 pm								
4: 00 pm								
5:00 pm								
6:00 pm								
7:00 pm								
8:00 pm								

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Name:	Date:
1 (MIIIC)	- Butci -

Time	Food Items	Portion						
		Size		Size		Size		Size
9:00 pm								
10:00 pm								
11:00 pm								
12: 00 am								
1:00 am								
2:00 am								
3:00 am								

Please answer the following questions:

1. How many times per week do you eat out? (Please circle) 1 2 3 4 5 6 7

2. Please write down all the foods that you cannot tolerate?