## FOOD RECORD

## Name:

$\qquad$ Date: $\qquad$

| Please | w | you ate or | rank yester |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Time | Food Items | Portion Size | Food Items | $\begin{gathered} \text { Portion } \\ \text { Size } \end{gathered}$ | Food Items | $\begin{gathered} \text { Portion } \\ \text { Size } \end{gathered}$ | Food Items | Portion Size |
| 8:00 am | Egg, fried | 1 | Corn Taco |  | Coffee with ereanner | $\begin{gathered} 1 \mathrm{Cup} \\ 0 \end{gathered}$ | $0$ |  |
| 9:00 am | Orange Juice | 1 Cup |  | , | , - | $\bigcirc$ | $\square$ |  |
| Time | Food Items | Portion Size | Food Items | $\begin{gathered} \hline \text { Portion } \\ \text { Size } \end{gathered}$ | 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 |  |  |  |  |  |  |  |  |
| $7: 00 \mathrm{pm}$ |  |  |  |  |  |  |  |  |
| 8:00 pm |  |  |  |  |  |  |  |  |

## FOOD RECORD

| Time | Food Items | Portion Size | Food Items | Portion Size | Food Items | Portion Size | Food Items | Portion 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) $1 \begin{array}{llllllll} & 1 & 2 & 3 & 4 & 5 & 6 & 7\end{array}$
2. Please write down all the foods that you cannot tolerate?
