NUTRITION RECORD

ount (i.e. ounces	s, cups, etc.) of food an	d drink that you consume	 Please indicate if foods are lo
	D	AY 1 – Date:	
	MEALS		SNACKS
Γime:		Time:	
Гіте:		Time:	
Гіте:		Time:	
	D	AY 2 – Date:	
	MEALS		— SNACKS
Time:	in Extended	Time:	5.07.63.16



NUTRITION RECORD

Please indicate how often and in what amounts you eat the following foods.

Dairy Products

Pieas	e circie aii pi	roducts that yo	u use:			
Milk:	Whole	2%	1%	Skim		_ cup(s) per day
Crean	n, cream chee	ese, sour cream	Regular	or Low Fat?		_ ounce(s) per week
Regul	_ ounce(s) per week					
Low-fa	_ ounce(s) per week					
Regul	ar ice cream	per	week; Re	educed fat ice cream, frozen yo	gurt, sorbet	per week
Low-c	arb ice cream	n per	week; Fa	t-free ice cream, frozen yogurt	, sorbet	per week
No su	gar added ice	cream	_ per wee	ek		
Meat	and Meat Alt	<u>ernatives</u>				
Chick	en or turkey	pe	r week;	light or dark meat	with or w	rithout skin
Fish o	or seafood	pe	r week;	How was it prepared? (fried,	baked, etc.) _	
Beef,	pork, lamb	pe	r week			
Bolog	na, salami, sa	ausage, bacon, e	etC. Regular,	Low-fat or Fat-free?	_	per week
Egg y	olks	pe	r week			
Nuts a	and Seeds (pe	eanut butter, wal	nuts, sunf	flower seeds, etc.) Please note which	ch kind _	per week
Legumes (kidney beans, split peas, navy beans, black beans, etc.)						per week
Soy P	roducts (soy	milk, tofu, burge	rs, etc.)		-	per week
<u>Fats</u>						
Marga	arine Please not	e the brand name		per day	Butter	per week
Oil used in cooking/baking or for salads, etc (olive, canola, corn, etc.)						per day
Mayonnaise salad dressing or salad dressing Low-fat or Fat free?						per week
Cholesterol-lowering margarine (Take Control®, Benecol®, etc.)						per day
Misce	ellaneous					
Fruits	and vegetabl	es				per day
Oatmeal or oat products						per week
Sweet foods (candy, cookies, pies, sweet rolls, pudding, etc.)						per week
Sweet	tened bevera	ges (soda, fruit d	lrinks, cap	puccino, etc.)		per week
Fried foods (french fries, deep-fried fish, fried chicken, etc.)						per week
Meals	eaten in rest	aurants or cafete	erias			per week
Alcoh	ol (beer, wine	, liquor)				per week

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