

DIETARY/NUTRITIONAL HISTORY

Please list the foods and beverages normally consumed for seven typical days:

DAY 1 – DATE:

Breakfast:

Morning snack(s):

Lunch:

Afternoon snack(s):

Dinner:

Other:

DAY 2 – DATE:

Breakfast:

Morning snack(s):

Lunch:

Afternoon snack(s):

Dinner:

Other:

DAY 3 – DATE:

Breakfast:

Morning snack(s):

Lunch:

Afternoon snack(s):

Dinner:

Other:

DAY 4 – DATE:

Breakfast:

Morning snack(s):

Lunch:

Afternoon snack(s):

Dinner:

Other:

DAY 5 – DATE:

Breakfast:

Morning snack(s):

Lunch:

Afternoon snack(s):

Dinner:

Other:

DAY 6 – DATE:

Breakfast:

Morning snack(s):

Lunch:

Afternoon snack(s):

Dinner:

Other:

DAY 7 – DATE:

Breakfast:

Morning snack(s):

Lunch:

Afternoon snack(s):

Dinner:

Other:

