

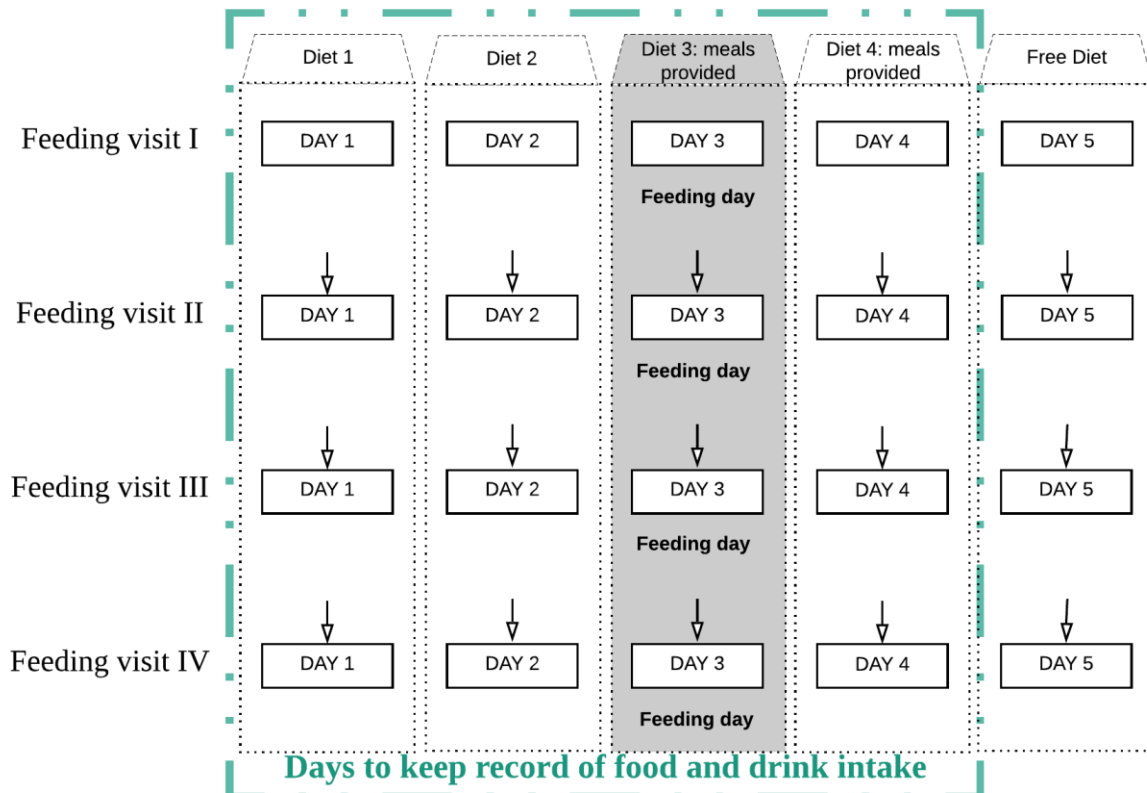


4-Day Food Intake Record

Volunteer ID: _____

Start date: _____ **End date:** _____

1. You are going to **record the time, kind and amount of your food and drinks** consumed during four days: **TWO DAYS BEFORE** (days 1 and 2 in the figure below) your feeding visit day at the Human Research Core (which is Day 3 in the figure below), also during your feeding visit day at the Human Research Core (**DAY 3**) and again during **VISIT DAY 4**.
2. Remember that you will need to **REPEAT** the diet, eating the same foods and drinks as previously recorded for Feeding visit I days 1-4, on the following interventions (Days 1-4 of Feeding visits II-IV, in the figure below). For example, the meal you have on day I of the intervention I should be the same as you consume on day I of intervention II, but you don't need to eat the same food in all he consecutive four days. Keep it consistent 😊



In this way, please, do **NOT** consume **too much exotic foods or drinks** during these 4 days because you might not find it easily to find these items again.

Instructions for Recording Food and Drink

- ✓ Start a new page for each day (midnight to midnight).
- ✓ Use as many pages as you need for each day and attach all together.
- ✓ At the top of each page, write down **the feeding visit period (I, II, III or IV), the day (1, 2, 3 or 4), and the date.**
- ✓ Write down the time when you eat/drink, including any alcohol consumed.
- ✓ Record everything you eat and drink, remembering to record **each item separately.**
- ✓ For example, a cheese sandwich is 3 food items, the bread, the spread (butter, margarine etc.) and the cheese.
- ✓ Record the amount of each item of food/drink that you eat. You can record the amount using household measures e.g. a teaspoonful of sugar, a mug of tea, a slice of bread.
- ✓ Record the brand of a packaged item.
- ✓ In case of food consumed at a restaurant, record the name of the dish and of the restaurant.
- ✓ Remember to record details of any vitamins, minerals or other dietary supplements that you take.
- ✓ For recipes e.g. beef casserole, spaghetti bolognese, use the recipe sheets provided, noting down the individual ingredients and amounts. We can also use photocopies or computer files or photos of recipes if necessary.

An example of a completed sheet is given on the next page

Food intake record**EXAMPLE**Feeding visit period **II**Day **2**

Date: 19/02/2010

Volunteer ID (*Researcher use only*): **XXX**

Time	Food/Drink (description, brand, where bought, how cooked)	Amount served (weight, tsp, slices etc)
7:30AM	Granola (Nature Valley)	3 tablespoons
	2% reduced fat milk	$\frac{1}{2}$ 8 oz.-cup
	White toast	1 slice
	Low fat butter (Land O Lakes)	Spread thinly
	Cheddar cheese	1 slice
	Chamomile tea	8 oz.
10:30AM	Coffee (from machine), whole milk, no sugar	8 oz.-foam cup
1:00 PM	Whole wheat bread	2 thick slices
	American cheese	2 slices
	Spread (Utterly butterly)	Spread thinly
	Orange	1 medium size
	Diet coke	20 oz.
3:30PM	White grape juice (Welch)	8 oz.
	Twix bar	2 oz. bar
6:00PM	Beef stew (see recipe page)	$\frac{1}{2}$ amount of recipe
	Cauliflower, boiled	2 tablespoons
	Potatoes, roasted in vegetable oil	4 medium sized
	Low fat strawberry yoghurt (Yoplait)	6 oz.
8:00PM	Decaffeinated coffee	6 oz.
	Breakfast biscuits (Quaker)	2

Food intake record

Feeding visit period ___ Day ___ Date:
Volunteer ID (*Researcher use only*):

Time	Food/Drink (description, brand, where bought, how cooked)	Amount served (weight, tsp, tbsp, slices etc.)

Recipe Sheet

Please use this sheet for any recipes you use whilst recording your intake for us. In the “Recipe Portion Served” box tell us how much of the recipe you actually ate.

Feeding visit period ____ Day ____ Date: Volunteer ID (*Researcher use only*):

Ingredient (Description, brand etc.)	Amount in Recipe	Recipe Portion Served

Recipe Sheet

Please use this sheet for any recipes you use whilst recording your intake for us. In the "Recipe Portion Served" box tell us how much of the recipe you actually ate.

Feeding visit period ____ Day ____ Date:

Volunteer ID (*Researcher use only*):

Ingredient (Description, brand etc.)	Amount in Recipe	Recipe Portion Served