

# FOOD INSTRUCTION BOOKLET

for the

## U.S. DEPARTMENT OF AGRICULTURE CONTINUING SURVEY OF FOOD INTAKE BY INDIVIDUALS



*USE THIS BOOKLET AND THE MEASURING CUPS, SPOONS  
AND RULER FOR THE INTAKE RECORDS.*

# INSTRUCTIONS

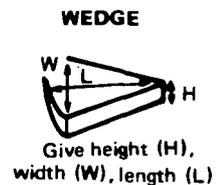
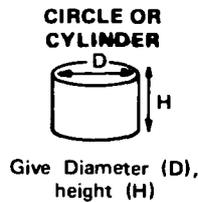
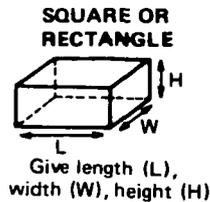
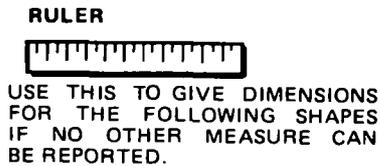
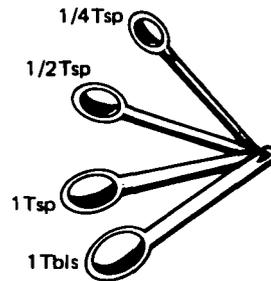
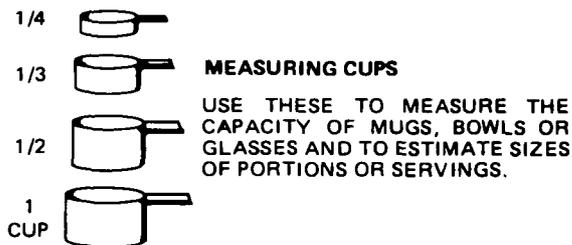
THIS BOOKLET TELLS YOU HOW TO DESCRIBE FOODS AND BEVERAGES AND REPORT EXACTLY HOW MUCH WAS EATEN.

## DESCRIBING FOODS/BEVERAGES

FIND THE CATEGORY FOR THE FOOD/BEVERAGE REPORTED. GO TO THAT PAGE AND ANSWER EVERY QUESTION SUCH AS BRAND NAME, TYPE, FLAVOR, PREPARATION.

## REPORTING EXACT AMOUNTS

REPORT ONLY THE PARTS EATEN OR DRUNK. REPORT THE AMOUNT IN ONE OF THE SPECIFIED WAYS INDICATED FOR THAT FOOD/BEVERAGE. FOR EXAMPLE, IF "CUPS" IS NOT THERE, "CUPS" SHOULD NOT BE REPORTED. USE UTENSILS TO ESTIMATE AMOUNTS. IF ALL ELSE FAILS, REPORT AMOUNT IN WEIGHT OR GIVE DIMENSIONS.





### LABELS

USE THESE FROM CANS, PACKAGES AND WRAPPERS TO REPORT DESCRIPTIONS AND TO DETERMINE THE AMOUNT OF THE WHOLE. THEN REPORT THE TOTAL OR WHAT PORTION OF THE TOTAL WAS ACTUALLY EATEN.

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**EXAMPLE:** THE DESCRIPTION AND AMOUNT OF A PIECE OF PIE IS CORRECTLY REPORTED AS:

*HOMEMADE CHOCOLATE CHIFFON PIE, ONE CRUST, REAL WHIPPED CREAM TOPPING. ONE EIGHTH OF A 9 - INCH DIAMETER PIE.*

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*FOODS AND DRINKS ARE SEPARATED INTO CATEGORIES. USE THE TABS TO FIND APPROPRIATE ITEMS.*

# SPREADS, GRAVIES, SAUCES, SWEETENERS



DESCRIBE THE ITEM  
BY ANSWERING:

REPORT AMOUNT IN:

**BUTTER,  
MARGARINE,  
NUT BUTTERS**

TYPE - - SALTED, SWEET, BLEND,  
IMITATION, DIET (SPECIFY KIND) ?  
FORM - - STICK, TUB, WHIPPED, LIQUID ?  
BRAND NAME ?

VOLUME: TSP, TBLS, CUP, PAT, STICK  
WEIGHT: OUNCE, POUND

**GRAVIES, SAUCES,  
CONDIMENTS,  
DRESSINGS**

NAME ?  
GRAVIES - - MAIN INGREDIENT ?  
TYPE - - REDUCED CALORIE, LOW SUGAR,  
LOW SODIUM ?  
BRAND NAME ?

VOLUME: TSP, TBLS, CUP  
WEIGHT: INDIVIDUAL PACKET



**SUGARS**

TYPE - - WHITE, BROWN,  
CONFECTIONER'S ?  
FORM - - POWDERED, GRANULATED,  
CUBED ?  
BRAND NAME ?

VOLUME: TSP, TBLS, CUP, LUMP  
WEIGHT: INDIVIDUAL PACKET

**SUGAR  
SUBSTITUTES**

FORM - - POWDER, LIQUID ?  
BRAND NAME ?

VOLUME: TSP, TBLS, CUP, TABLET  
WEIGHT: INDIVIDUAL PACKET

**JAMS, JELLIES**

TYPE - - LOW SUGAR, IMITATION ?  
BRAND NAME ?

VOLUME: TSP, TBLS, CUP  
WEIGHT: INDIVIDUAL PACKET

**SYRUPS**

TYPE - - BLEND, MAPLE, CANE,  
CORN, LITE ?  
BRAND NAME ?

VOLUME: TSP, TBLS, CUP  
WEIGHT: INDIVIDUAL PACKET

# SPREADS, GRAVIES, SAUCES, SWEETENERS

# SNACKS



DESCRIBE THE ITEM  
BY ANSWERING:

REPORT AMOUNT IN:

## CRACKERS

**NAME** -- ANIMAL, SESAME, SODA,  
CHEESE, WHOLE WHEAT, RYE,  
GRAHAM ?  
**TYPE** -- LOW-SODIUM, DIET (SPECIFY  
KIND) ?  
**BRAND NAME** ?

**VOLUME:** CUP  
NUMBER, SHAPE AND DIMENSIONS  
OF PIECES  
**WEIGHT:** WEIGHT OF WHOLE PACKAGE  
AND PORTION EATEN

## CHIPS, PRETZELS, OTHER SALTY GRAIN-BASED SNACKS

**TYPE** -- FROM CORN, POTATO, WHEAT,  
OTHER ?  
**FLAVOR** -- CHEESE, BARBEQUE ?  
**BRAND NAME** ?

**VOLUME:** CUP  
NUMBER, SHAPE AND DIMENSIONS  
OF PIECES  
**WEIGHT:** WEIGHT OF WHOLE PACKAGE  
AND PORTION EATEN



## POPCORN

**TYPE** -- CHEESE, SYRUP, CARAMEL  
COATED ?  
**PREPARATION** -- WITH OR WITHOUT  
BUTTER ?  
**BRAND NAME** ?

**VOLUME:** CUP (UNPOPPED OR POPPED  
SPECIFIED)  
**WEIGHT:** WEIGHT OF WHOLE PACKAGE  
AND PORTION EATEN

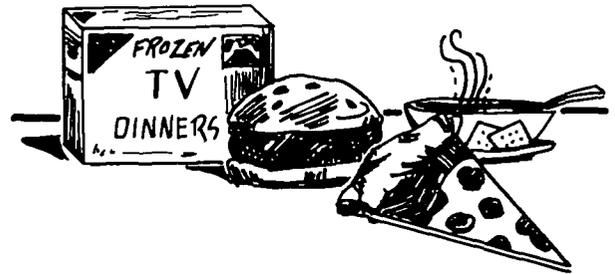
## NUTS/SEEDS

**TYPE** -- PEANUT, WALNUT, PECAN,  
ALMOND, SESAME, OTHER ?  
**PREPARATION:**  
-- ROASTED OR DRY ROASTED ?  
-- SHELLED OR IN SHELL ?  
-- SALTED OR UNSALTED ?  
**BRAND NAME** ?

**VOLUME:** TSP, TBLS, CUP, NUMBER  
EATEN  
**WEIGHT:** WEIGHT OF WHOLE PACKAGE  
AND PORTION EATEN

# SNACKS

# MIXED DISHES, SANDWICHES, FROZEN MEALS



DESCRIBE THE ITEM  
BY ANSWERING:

REPORT AMOUNT IN:

**STEWES,  
CASSEROLES,  
SOUPS**

**NAME OF DISH ?**  
**INGREDIENTS** - - WHAT TYPE OF MEAT,  
VEGETABLES (SPECIFY), POTATOES,  
PASTA, RICE ?  
**SAUCE/GRAVY** - - TOMATO, MILK, SOY,  
SWEET AND SOUR, OTHER ?  
**PREPARATION** - - CAN, BOX, FROZEN  
PACKAGE, MADE FROM HOMEMADE  
RECIPE ?  
**BRAND NAME ?**  
**NOTE:** FOR CASSEROLES AND SOUPS  
SPECIFY PROPORTIONS OF INGRED-  
IENTS IF MADE FROM HOME RECIPE.

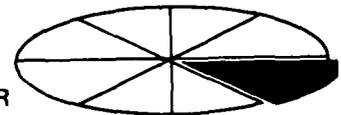
**VOLUME:** TSP, TBLS, CUP  
**WEIGHT:** WEIGHT OF INGREDIENTS OR  
WEIGHT OF WHOLE AND PORTION  
EATEN



**SANDWICHES,  
TACOS,  
PIZZAS**

**NAME OF ITEM ?**  
**TYPE** - - MADE WITH WHAT TYPE OF  
BREAD, TORTILLA, CRUST ?  
**FILLING** - - MEAT, BEANS, CHEESE  
(SPECIFY) ?  
**PIZZA PREPARATION** - - THICK OR THIN  
CRUST ?  
**BRAND NAME ?**  
**ADDITIONS:** MAYONNAISE, MUSTARD,  
RELISH, OTHER CONDIMENTS  
(REPORT SEPARATELY).  
**NOTE:** DESCRIBE ANY UNUSUAL  
INGREDIENTS SEPARATELY.

**VOLUME:** WHOLE OR PORTION OF FAST  
FOOD ITEM EATEN  
**VOLUME:** (GIVE AMOUNTS FOR ALL  
INGREDIENTS) TSP, TBLS, CUP,  
THICK, THIN OR REGULAR SLICES  
**FOR PIZZA:** GIVE PROPORTION OF WHOLE  
AND DIAMETER  
**EXAMPLE:**  
ONE EIGHTH OF A  
12-INCH DIAMETER  
PIZZA



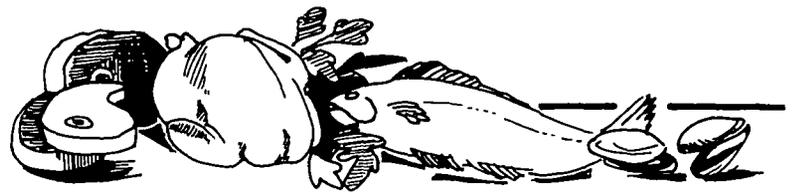
**FROZEN MEALS**

**NAME OF MEAL ?**  
**INGREDIENTS** - - TYPE OF MEAT,  
VEGETABLES, RICE, POTATOES,  
PASTA, DESSERT ?  
**BRAND NAME ?**

**VOLUME:** CUP (NUMBER OR PORTION OF  
EACH ITEM)  
**WEIGHT:** PACKAGE WEIGHT AND WHOLE  
OR PORTION EATEN

# MIXED DISHES, SANDWICHES, FROZEN MEALS

# MEAT, POULTRY, FISH\*



**DESCRIBE THE ITEM  
BY ANSWERING:**

**REPORT AMOUNT IN:**

**MEAT**

**TYPE** - - BEEF, PORK, LAMB, VEAL, VENISON, RABBIT ?  
**CUT/PARTS** - - STEAK, CHOP, ROAST, GROUND, LIVER, HEART ?  
**PREPARATION** - - CURED, SMOKED, PICKLED, DRIED, ROASTED, BRAISED, BROILED, BREADED, BATTERED, FRIED, BAKED, BOILED ?  
**FAT** - - EATEN OR NOT EATEN ?  
**BRAND NAME** ?

**WEIGHT:** POUND, OUNCE (RAW OR COOKED WEIGHT SPECIFIED AND WEIGHT WITH OR WITHOUT BONE SPECIFIED)  
**VOLUME:** CUP, IF GROUND OR CHOPPED.  
**SIZE OF PIECE:** SMALL, MEDIUM, LARGE SUCH AS, MEDIUM LOIN CHOP, LARGE T-BONE, MEDIUM LAMB HOCKS, SMALL DRUMSTICK, HALF LARGE BREAST.  
**BONELESS PIECES:** CAN BE REPORTED IN NUMBER, SIZE AND DIMENSIONS OF PIECES



**POULTRY**

**TYPE** - - CHICKEN, TURKEY, DUCK, GOOSE, CORNISH GAME HEN ?  
**CUT/PARTS** - - DRUMSTICK, THIGH, LEG (INCLUDES DRUMSTICK AND THIGH), WHOLE BREAST, HALF BREAST, WING, BACK, NECK ? IF NOT CUT OR PARTS SPECIFY DARK OR LIGHT MEAT.  
**PREPARATION** - - FRIED, BAKED, BROILED, BREADED, BATTERED, POACHED, STEWED, CURED, SMOKED ?  
**SKIN** - - EATEN OR NOT EATEN ?  
**BRAND NAME** ?

**SAME AS MEAT**

**FISH,  
SHELLFISH**

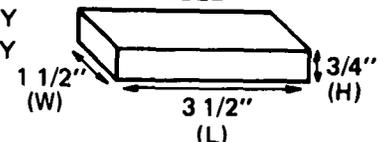
**TYPE** - - PERCH, COD, TUNA, SALMON, CRAB, SHRIMP, CLAMS, SHAD ROE, FROGS LEGS ?  
**PREPARATION** - - FRIED, BROILED, BATTERED, BREADED, BAKED, SMOKED, STEAMED, PICKLED CANNED ?  
**BRAND NAME** ?

**WEIGHT:** POUND, OUNCE (RAW OR COOKED WEIGHT SPECIFIED AND WEIGHT WITH OR WITHOUT BONE SPECIFIED)  
**VOLUME:** CUP, TSP, TBLS  
**SIZE OF PIECE:** SMALL, MEDIUM, LARGE SUCH AS, MEDIUM CLAMS, LARGE SALMON STEAK, MEDIUM FLOUNDER FILET OR DIMENSIONS AND SHAPE OF PIECE

\* IF PART OF MIXTURE, SUCH AS BEEF STROGANOFF, CHICKEN POT PIE, PAELLA, REFER TO MIXED DISHES

**EXAMPLE: FISH STICK RECTANGLE**

3 1/2" LONG BY  
 1 1/2" WIDE BY  
 3/4" HIGH



# MEAT, POULTRY, FISH\*

# FRUITS, VEGETABLES, SALADS



**DESCRIBE THE ITEM  
BY ANSWERING:**

**REPORT AMOUNT IN:**

## FRUITS, BERRIES

**NAME** - - APPLE, ORANGE, GRAPE-  
FRUIT, APRICOT, PINEAPPLE, PEACH,  
GRAPES, STRAWBERRIES, BANANA ?  
**PREPARATION** - - RAW, COOKED, CANNED,  
FROZEN, DRIED ?  
**LIQUID** - - HEAVY OR LIGHT SYRUP,  
JUICE PACK, WATERPACK ?  
**TYPE** - - LOW CALORIE, LOW SODIUM ?  
**BRAND NAME** ?

**VOLUME:** CUP  
NUMBER OF PIECES AND SIZE SUCH AS  
MEDIUM BANANA, LARGE HALF  
GRAPEFRUIT  
**WEIGHT:** POUND, OUNCE (WITH PEEL  
OR WITHOUT PEEL SPECIFIED),  
WEIGHT OF WHOLE PACKAGE OR CAN  
AND PORTION EATEN

## POTATOES

**TYPE** - - WHITE, SWEET ?  
**PREPARATION** - - BAKED, FRENCH FRIED,  
BOILED, MASHED, HASH BROWN ?  
**PEEL** - - EATEN OR NOT EATEN ?  
**BRAND NAME** ?  
**ADDITIONS** - - TOPPINGS SUCH AS  
BUTTER, SOUR CREAM, BROWN  
SUGAR, CATSUP, ONIONS, CHEESE  
(REPORT SEPARATELY).

**VOLUME:** CUP, TSP, TBLS OR NUMBER  
OF PIECES AND SIZE SUCH AS ONE  
SMALL POTATO  
**WEIGHT:** POUND, OUNCE  
WEIGHT OF WHOLE PACKAGE OR  
CAN AND PORTION EATEN



**OTHER  
VEGETABLES**

**NAME** - - BEETS, CARROTS, COLLARDS,  
SPINACH, BROCCOLI, PEAS,  
ZUCCHINI, ACORN SQUASH, GREEN  
BEANS ?

**PREPARATION** - - RAW, BOILED, FRIED,  
BAKED ?

**TYPE** - - LOW CALORIE, LOW SODIUM,  
IN SAUCE (SPECIFY KIND) ?

**BRAND NAME** ?

**ADDITIONS** - - TOPPINGS SUCH AS  
BUTTER, CHEESE, ONIONS, VINEGAR  
(REPORT SEPARATELY).

**VOLUME:** CUP  
NUMBER OF PIECES AND SIZE SUCH  
AS, ONE LARGE ZUCCHINI, ONE  
MEDIUM TOMATO

**WEIGHT:** POUND, OUNCE (WITH OR  
WITHOUT LEAVES SPECIFIED),  
WEIGHT OF WHOLE PACKAGE OR  
CAN AND PORTION EATEN

**TOSSED  
SALADS**

**TYPE** - - LETTUCE, SPINACH, CAESAR ?

**NOTE:** SPECIFY INGREDIENTS.

**ADDITIONS** - - IF DRESSING USED,  
WHAT TYPE, LOW CALORIE, LITE,  
LOW SODIUM (REPORT SEPARATELY).

**VOLUME:** CUP, TSP, TBLS,  
TOTAL SALAD IN CUPS OR  
INGREDIENTS IN CUPS, NUMBER  
AND SIZE OF PIECES

**OTHER FRUIT/  
VEGETABLE  
SALADS**

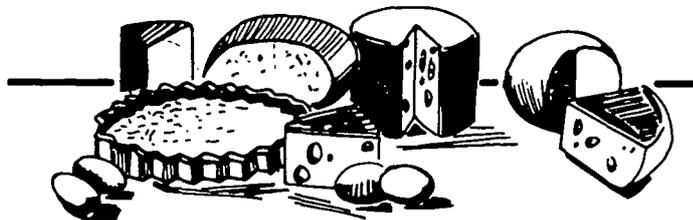
**NAME** - - WALDORF, POTATO, COLE  
SLAW, CARROT AND RAISIN ?

**NOTE:** SPECIFY INGREDIENTS.

**VOLUME:** CUP, TSP, TBLS  
TOTAL SALAD IN CUPS AND PORTION  
EATEN

**FRUITS, VEGETABLES, SALADS**

# CHEESE, YOGURT, EGGS



**DESCRIBE THE ITEM  
BY ANSWERING:**

**REPORT AMOUNT IN:**

## CHEESE

**NATURAL TYPE** -- SWISS, CHEDDAR, LONGHORN, HARVARTI, MUENSTER, PARMESAN, BRIE ?

**PROCESSED TYPE** -- PASTURIZED CREAM CHEESES, PROCESSED AMERICAN CHEESE FOOD, CHEESE SPREAD, IMITATION CHEESE ?

**OTHER TYPE** -- COTTAGE CHEESE

**FORM** -- CUBED, GRATED, SLICED, COLD PACK, BRICK ?

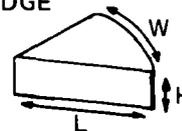
**PREPARATION** -- LOW-SODIUM, LOW-FAT ?

**BRAND NAME ?**

**VOLUME:** CUP, TSP, TBLS, NUMBER, DIMENSIONS AND SHAPE OF PIECE

**EXAMPLE:** ONE WEDGE

1" HIGH BY  
2" WIDE BY  
2" LONG



**WEIGHT:** PACKAGE WEIGHT AND PORTION EATEN

## YOGURT

**TYPE** -- MADE FROM WHOLE MILK, LOW-FAT MILK ?

**FORM** -- CUSTARD STYLE, SUNDAE STYLE, BREAKFAST, FROZEN ?

**FLAVOR** -- PLAIN, VANILLA, LEMON, COFFEE, FRUIT, CHOCOLATE ?

**BRAND NAME ?**

**ADDITIONS** -- FRUIT, HONEY, NUTS, (REPORT SEPARATELY).

**VOLUME:** CUP, TSP, TBLS

**WEIGHT:** PACKAGE WEIGHT AND PORTION EATEN



**EGGS**

**TYPE** -- CHICKEN, DUCK, TURKEY ?

**FORM** -- WHOLE, WHITES ONLY,  
YOLKS ONLY ?

**PREPARATION** -- BOILED, POACHED,  
FRIED, BAKED, SCRAMBLED ?

**FAT** -- USED OR NOT USED IN  
COOKING ?

**BRAND NAME** ?

**VOLUME:** CUP, NUMBER AND  
**SIZE** -- SMALL, MEDIUM, LARGE,  
EXTRA LARGE, JUMBO

**EGG DISHES**

**TYPE** -- OMELET, EGG SALAD, EGG  
DROP SOUP, SOUFFLE ?

**BRAND NAME** ?

**NOTE:** SPECIFY OTHER SPECIAL  
INGREDIENTS SUCH AS BROTH,  
TOMATOES, PEPPERS, CELERY.

**VOLUME:** CUP, TSP, TBLS  
NUMBER AND SIZE OF EGGS OR  
AMOUNT OF WHOLE AND PORTION  
EATEN

**EGG  
SUBSTITUTES**

**TYPE** -- POWDERED, LIQUID, FROZEN ?

**BRAND NAME** ?

**VOLUME:** CUP, TSP, TBLS, FLUID  
OUNCE (RAW OR COOKED SPECIFIED)

**WEIGHT:** PACKAGE WEIGHT AND  
PORTION EATEN

**CHEESE, YOGURT, EGGS**

# CANDIES AND DESSERTS



**DESCRIBE THE ITEM  
BY ANSWERING:**

**REPORT AMOUNT IN:**

## CAKES

**TYPE** -- CHEESECAKE, ANGEL FOOD  
APPLESAUCE, WHITE, YELLOW  
CHOCOLATE, POUND, COCONUT,  
FRUIT ?

**ICING/FILLING** -- WITH OR WITHOUT  
ICING, FILLING ?

**LAYERS** -- NUMBER ?

**PREPARATION** -- MADE FROM MIX,  
HOME RECIPE, READY-TO-EAT ?

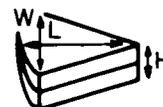
**BRAND NAME** ?

**VOLUME:** DIAMETER OF WHOLE  
AND PORTION EATEN

**EXAMPLE:** 1/10 OF A 9" DIAMETER  
CAKE, 3" HIGH, TWO LAYERS

**DIMENSIONS AND SHAPE OF PIECE**  
**EXAMPLE:** WEDGE 2" ACROSS ARC,  
4" LONG, 3" HIGH,  
TWO LAYERS

**WEIGHT:** OUNCE,  
POUND



## PIES, TARTS, PASTRIES

**TYPE** -- APPLE, CUSTARD, CHIFFON,  
MINCE, STRAWBERRY-RHUBARB ?

**CRUST** -- ONE OR TWO ?

**SIZE** -- DEEP DISH OR INDIVIDUAL ?

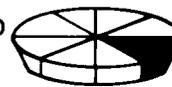
**BRAND NAME** ?

**ADDITIONS** -- ICE CREAM, IMITATION  
OR REAL WHIPPED CREAM  
(REPORT SEPARATELY).

**VOLUME:** DIAMETER OF WHOLE AND  
PORTION EATEN

**EXAMPLE:** 1/8 OF A 9" DIAMETER PIE

**DIMENSIONS AND  
SHAPE OF PIECE**



**WEIGHT:** OUNCE, POUND



**DOUGHNUTS**

**TYPE** - - CAKE OR YEAST ?  
**TOPPING/FILLING** - - GLAZED, CHOCOLATE COVERED, WITH NUTS, WITH FILLING SPECIFIED ?  
**BRAND NAME** ?

**VOLUME:** NUMBER EATEN AND SIZE, SMALL, MEDIUM, LARGE SPECIFIED  
**WEIGHT:** OUNCE, POUND. PACKAGE WEIGHT AND PORTION EATEN

**COOKIES,  
BREAKFAST  
BARS**

**TYPE** - - BROWNIE, CHOCOLATE CHIP, SUGAR, DIETETIC (SPECIFY KIND) ?  
**FLAVOR** ?  
**TOPPING/FILLING** - - WITH OR WITHOUT NUTS, FILLING AND FROSTING SPECIFIED ?  
**BRAND NAME** ?

**SAME AS DOUGHNUTS**

**ICE CREAMS,  
PUDDINGS**

**TYPE** - - ICE CREAM, SOFT SERVE, ICE MILK, IMITATION, LOW CALORIE ?  
**FLAVOR** ?  
**PREPARATION** - - (PUDDINGS), HOME-MADE, MADE FROM DRY MIX, CANNED ?  
**BRAND NAME** ?  
**ADDITIONS** - - CONE OR TOPPINGS SUCH AS NUTS, SYRUP, BANANAS (REPORT SEPARATELY).

**VOLUME:** CUP, TSP, TBLS  
**WEIGHT:** WEIGHT OF WHOLE AND PORTION EATEN

**CANDIES**

**BRAND NAME** ?  
**TYPE** - - (IF NOT COMMERCIAL PRODUCT)  
HARD, BONBON, BRITTLE, FONDUE, CAMEL, FUDGE, TOFFEE, TAFFY ?  
**FLAVOR** ?  
**FILLING** - - WITH OR WITHOUT NUTS, OTHER ?

**WEIGHT:** PACKAGE WEIGHT AND PORTION EATEN  
**EXAMPLE:** 10 CARAMELS FROM 1 POUND BAG OF 50 PIECES OR 1/2 OF A 1.4OZ. BAR  
**VOLUME:** NUMBER, DIMENSION AND SHAPE OF PIECES

**CANDIES AND DESSERTS**

# BREADS, CEREALS, PASTA, RICE



## DESCRIBE THE ITEM BY ANSWERING:

## REPORT AMOUNT IN:

### BREADS, ROLLS

**TYPE** -- WHITE, WHOLE WHEAT, RYE, RAISIN, HIGH FIBER, LOW SODIUM, CINNAMON, DIET ?

**PREPARATION** -- COMMERCIAL, MADE FROM HOME RECIPE, TOASTED ?

**NAME** -- CUBAN, SYRIAN, ITALIAN, FRENCH, HAMBURGER OR HOTDOG ROLL ?

**BRAND NAME** ?

**ADDITIONS** -- BUTTER, JAM, OTHER SPREAD (REPORT SEPARATELY).

**VOLUME:** NUMBER OF ITEMS/SLICES AND  
**SIZE:** THICK, REGULAR, THIN  
DIMENSIONS AND SHAPE OF PIECE  
**EXAMPLE:** ONE SQUARE SLICE  
3" x 3" x 1"

### BISCUITS

**TYPE** -- WHOLE WHEAT, CHEESE, BUTTERMILK ?

**PREPARATION** -- MADE FROM REFRIGERATED DOUGH, DRY MIX, HEAT AND SERVE, READY-TO-EAT, MADE FROM HOME RECIPE ?

**BRAND NAME** ?

**ADDITIONS** -- SPREADS (REPORT SEPARATELY).

**VOLUME:** NUMBER AND  
**SIZE:** SMALL, MEDIUM, LARGE,  
DIMENSIONS AND SHAPE OF PIECE  
DIAMETER x HEIGHT IF ROUND PIECE,  
LENGTH x WIDTH x HEIGHT IF SQUARE  
OR RECTANGULAR PIECE



**MUFFINS,  
PANCAKES,  
WAFFLES**

**TYPE** -- WHITE, RYE, WHOLE WHEAT,  
BRAN, OATMEAL, CORNMEAL,  
PUMPKIN ?

**SPECIAL INGREDIENTS** -- NUTS,  
DATES, FRUITS, BERRIES ?

**BRAND NAME ?**

**ADDITIONS** -- SPREADS (REPORT  
SEPARATELY).

**SAME AS BISCUITS**

**CEREALS**

**BRAND NAME ?**

**PREPARATION** -- (IF NOT READY-TO-  
EAT) MADE WITH MILK OR WATER ?

**ADDITIONS** -- RAISINS, SYRUP OR  
BUTTER (REPORT SEPARATELY).

**VOLUME:** CUP, TSP, TBLS

**WEIGHT:** OUNCE OR INDIVIDUAL  
PACKAGE OR BOX

RAW OR COOKED VOLUME/WEIGHT  
SPECIFIED

**PASTA, RICE**

**TYPE** -- MACARONI, SPAGHETTI,  
NOODLES MADE WITH SPINACH OR  
WHOLE WHEAT, WHITE RICE, BROWN  
RICE, WILD RICE, CONVERTED OR  
INSTANT RICE ?

**BRAND NAME ?**

**ADDITIONS** -- ONIONS, BUTTER OR MEAT  
SAUCE (REPORT SEPARATELY).

**VOLUME:** CUP, TSP, TBLS

**WEIGHT:** OUNCE

RAW OR COOKED VOLUME/WEIGHT  
SPECIFIED

**BREADS, CEREALS, PASTA, RICE**

# BEVERAGES



DESCRIBE THE ITEM  
BY ANSWERING:

REPORT AMOUNT IN:

## COFFEE

**TYPE** -- MADE FROM GROUND,  
INSTANT, POWDERED MIX, WITH  
CHICORY, TURKISH ?

**PROCESS** -- DECAFFEINATED OR NOT  
DECAFFEINATED ?

**BRAND NAME** ?

**ADDITIONS:** (REPORT SEPARATELY)  
SUGAR OR SUGAR SUBSTITUTE ?  
CREAM, MILK OR LIGHTENER ?

**VOLUME:** CUP, FLUID OUNCE

**WEIGHT:** INDIVIDUAL PACKET

## TEA

**PREPARATION** -- MADE FROM TEA  
BAGS, FROZEN CONCENTRATE,  
LOOSE LEAVES, INSTANT ?

**SWEETENER** -- PRESWEETENED WITH  
SUGAR OR LOW CALORIE SWEETENER,  
UNSWEETENED ?

**NAME** -- JAPANESE GREEN, CEYLON,  
BREAKFAST, HERB ?

**FLAVOR** -- LEMON, MINT, SPICED ?

**PROCESS** -- CAFFEINATED OR DE-  
CAFFEINATED ?

**BRAND NAME** ?

**ADDITIONS:** (REPORT SEPARATELY)  
SUGAR OR SUGAR SUBSTITUTE ?  
CREAM, MILK OR LIGHTENER ?

**SAME AS COFFEE**



**JUICES**

**NAME** -- FRUIT, VEGETABLE ?  
**PREPARATION** -- FRESH, CANNED,  
FROM FROZEN CONCENTRATE,  
WITH ADDED VITAMIN C ?  
**SWEETENER** -- UNSWEETENED,  
SWEETENED WITH SUGAR ?  
**BRAND NAME** ?

**VOLUME:** CUP, FLUID OUNCE

**MILK/CREAM**

**MILK TYPE** -- WHOLE, LOWFAT (%), SKIM ?  
**CREAM TYPE** -- LIGHT, WHIPPING,  
HALF & HALF ?  
**PREPARATION** -- FRESH, FROM DRY,  
CANNED (IF CANNED, WAS IT  
DILUTED) ?  
**BRAND NAME** ?  
**ADDITIONS** -- FLAVORED POWDER,  
SYRUP (REPORT SEPARATELY).

**VOLUME:** CUP, TSP, TBLS, FLUID  
OUNCE

**MILK DRINKS**

**TYPE** -- MILK SHAKE, EGG NOG ?  
**PREPARATION** -- CARRYOUT,  
FOUNTAIN, MADE FROM HOME RECIPE ?  
**FLAVOR** ?  
**BRAND NAME** ?

**VOLUME:** CUP, FLUID OUNCE

**SOFT DRINKS,  
FRUIT ADES,  
JUICE DRINKS,  
NECTORS**

**TYPE** -- CARBONATED, NON-CARBON-  
ATED ?  
**PREPARATION** -- FROM DRY MIX ?  
ADDED VITAMIN C ?  
SUGAR IN MIX, SUGAR OR LOW  
CALORIE SWEETENER ADDED  
SEPARATELY, SUGAR FREE ?  
**BRAND NAME** ?

**VOLUME:** CUP, FLUID OUNCE

**ALCOHOLIC  
BEVERAGES**

**TYPE:**  
-- BEER (REGULAR OR LITE) ?  
-- WINE (DRY OR SWEET) ?  
-- DISTILLED LIQUOR, MIXED DRINK  
(NAME AND INGREDIENTS) ?

**VOLUME:** CUP, FLUID OUNCE

**BEVERAGES**

# BABY FOODS, INFANT FORMULAS



**DESCRIBE THE ITEM  
BY ANSWERING:**

**REPORT AMOUNT IN:**

## JARRED FOODS

**NAME OF FOOD ?**  
**PREPARATION -- STRAINED, JUNIOR,  
TODDLER ?**  
**BRAND NAME ?**

**VOLUME: CUP, TSP, TBLS**  
**WEIGHT: WEIGHT OF JAR AND  
PORTION EATEN**

## DRY CEREALS

**TYPE -- BARLEY, OATMEAL, RICE,  
HIGH PROTEIN, INSTANT, WITH FRUIT  
(SPECIFY) ?**  
**BRAND NAME ?**  
**ADDITIONS -- ITEMS SUCH AS  
FORMULA, MILK, FRUIT (REPORT  
SEPARATELY).**

**VOLUME: TSP, TBLS**  
**REPORT DRY VOLUME ONLY**

## FORMULAS

**BRAND NAME ?**  
**TYPE -- WITH OR WITHOUT IRON ?**  
**NOTE: IF NOT USED ACCORDING TO  
DIRECTIONS, SPECIFY PREPARATION.**

**VOLUME: CUP, TSP, TBLS, FLUID  
OUNCE**



## CONVERSION TABLE

### VOLUME (CAPACITY)

1 TBLS = 3 TSP

1 CUP = 16 TBLS

1 CUP = 48 TSP

1 CUP = 8 FLUID OUNCES (fl. oz.)

1 PINT = 2 CUPS

1 PINT = 16 FLUID OUNCES (fl. oz.)

1 QUART = 4 CUPS

1 QUART = 2 PINTS

1 QUART = 32 FLUID OUNCES (fl. oz.)

### WEIGHT

1 OUNCE (oz.) = 28.35 GRAMS

1 POUND (lb.) = 16 OUNCES (oz.)

1 POUND (lb.) = 454 GRAMS

## **BABY FOODS, INFANT FORMULAS**