

**FOOD INSTRUCTION BOOKLET**  
**for the**  
**U.S. DEPARTMENT OF AGRICULTURE**  
**CONTINUING SURVEY OF FOOD INTAKE BY INDIVIDUALS**



**Y  
E  
A  
R  
2**



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

**DESCRIBING FOODS/BEVERAGES**

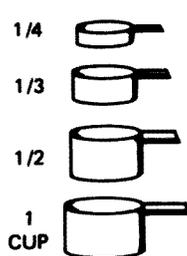
FIND THE CATEGORY FOR THE FOOD/BEVERAGE REPORTED. GO TO THAT PAGE AND ANSWER EVERY QUESTION FOR THE ITEM.

**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.

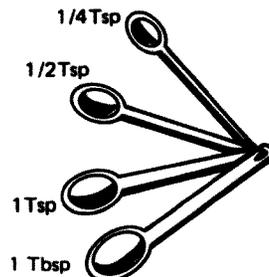
IT IS PREFERABLE TO REPORT THE AMOUNT OF THE FOOD/BEVERAGE IN THE FORM IT WAS EATEN (e.g., COOKED, BONE NOT EATEN); IF UNABLE TO DO SO, REPORT THE QUANTITY IN A PREVIOUS FORM (e.g., RAW WEIGHT WITH BONE). ALWAYS RECORD WHETHER DRY, RAW, COOKED, CANNED, ETC., WEIGHT OR MEASURE IS REPORTED.

USE UTENSILS TO ESTIMATE AMOUNTS. IF ALL ELSE FAILS, REPORT AMOUNT IN WEIGHT OR GIVE DIMENSIONS



**MEASURING CUPS**

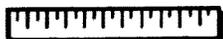
USE THESE TO MEASURE THE CAPACITY OF MUGS, BOWLS OR GLASSES AND TO ESTIMATE SIZES OF PORTIONS OR SERVINGS.



**MEASURING SPOONS**

USE THESE TO MEASURE SMALL AMOUNTS AND TO CHECK CAPACITIES OF SPOONS. REPORT ONLY LEVEL MEASURES.

**RULER**



USE THIS TO GIVE DIMENSIONS FOR THE FOLLOWING SHAPES IF NO OTHER MEASURE CAN BE REPORTED.

**SHAPE MUST BE SPECIFIED**

**SQUARE OR RECTANGLE**



Give length (L), width (W), height (H)  
**ALL 3 DIMENSIONS REQUIRED**

**CIRCLE OR CYLINDER**



Give diameter (D), height (H)  
**2 DIMENSIONS REQUIRED**

**WEDGE**



Give height (H), width (W), length (L)  
**ALL 3 DIMENSIONS REQUIRED**

**HOME RECIPES**

ALWAYS RECORD ALL INGREDIENTS, AMOUNT OF EACH INGREDIENT IN THE RECIPE, AND THE TOTAL AMOUNT THE RECIPE MADE. THEN, TELL HOW MUCH OF THE WHOLE WAS EATEN.

**EXAMPLE:** BEEF STEW

INGREDIENTS:

1-1/2 POUNDS BONELESS  
STEWING BEEF (RAW WEIGHT)  
2 MEDIUM POTATOES  
1 LARGE ONION

2/3 CUP CANNED PEAS  
2-1/2 CUPS WATER  
3 TBSP FLOUR  
1 TSP SALT

QUANTITY: (2 WAYS OF REPORTING)

1: ATE 1 CUP OR  
2: ATE 1/5 OF WHOLE MIXTURE

RECIPE MADE 5 CUPS

**LABELS**

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

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

HOMEMADE CHOCOLATE CHIFFON PIE, ONE CRUST, WITH REAL WHIPPED CREAM TOPPING, ONE EIGHTH OF A 9 - INCH DIAMETER PIE, WITH 2 TBSP TOPPING.

FOODS AND DRINKS ARE SEPARATED INTO CATEGORIES. USE THE TABS TO FIND APPROPRIATE ITEMS. IF NECESSARY, CONSULT INDEX.

# SPREADS: SALAD DRESSINGS, MAYONNAISE, CONDIMENTS, BUTTER, JAMS



NAME OF FOOD

DESCRIBE ITEM BY ANSWERING:

REPORT AMOUNT EATEN IN:

SALAD  
DRESSINGS

TYPE: FRENCH, RUSSIAN, ITALIAN, CAESAR, GREEN GODDESS,  
CREAMY CUCUMBER ?

VOLUME: TSP, TBSP, CUP

PREPARATION: LOW CALORIE ? LOW SODIUM ?

WEIGHT: INDIVIDUAL PACKET

IF HOME RECIPE:

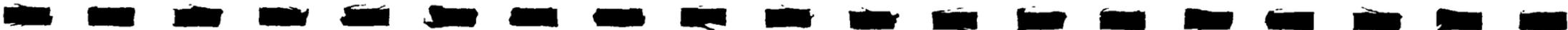
1. LIST INGREDIENTS SEPARATELY
2. AMOUNT OF EACH INGREDIENT IN RECIPE, AND
3. TOTAL AMOUNT THE RECIPE MADE

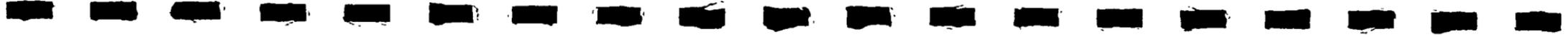
BRAND NAME ?

SPRFADS: SALAD DRESSINGS, MAYONNAISE, CONDIMENTS, BUTTER, JAMS

# SPREADS: SALAD DRESSINGS, MAYONNAISE, CONDIMENTS, BUTTER, JAMS

<u>NAME OF FOOD</u>	<u>DESCRIBE ITEM BY ANSWERING:</u>	<u>REPORT AMOUNT EATEN IN:</u>
<b>MAYONNAISE</b>	TYPE: REAL, IMITATION, MIRACLE WHIP-TYPE ? PREPARATION: LOW CALORIE ? LOW SODIUM ? BRAND NAME ?	VOLUME: TSP, TBSP, CUP WEIGHT: INDIVIDUAL PACKET
<b>CONDIMENTS</b>	TYPE: MUSTARD, KETCHUP, CORN RELISH, HOT DOG RELISH ? PREPARATION: LOW CALORIE ? LOW SODIUM ? BRAND NAME ?	VOLUME: TSP, TBSP, CUP WEIGHT: INDIVIDUAL PACKET
<b>BUTTER</b>	TYPE: REGULAR, WHIPPED ? PREPARATION: SALTED OR UNSALTED ? BRAND NAME ?	VOLUME: TSP, TBSP, CUP, STICK, PAT (ONLY RESTAURANT) WEIGHT: OZ, POUND





<u>NAME OF FOOD</u>	<u>DESCRIBE ITEM BY ANSWERING:</u>	<u>REPORT AMOUNT EATEN IN:</u>
<b>MARGARINE, BUTTER- MARGARINE BLENDS</b>	TYPE: REGULAR, WHIPPED, IMITATION, BLEND ?  FORM: STICK, TUB, LIQUID ?  PREPARATION: SALTED OR UNSALTED ? REGULAR OR DIET ?  BRAND NAME ?	VOLUME: TSP, TBSP, CUP, STICK, PAT (ONLY RESTAURANT)  WEIGHT: OZ, POUND
<b>JAMS, JELLIES</b>	TYPE: JAM, JELLY, PRESERVE ?  PREPARATION: LOW (REDUCED) SUGAR ? DIETETIC ?  BRAND NAME ?	VOLUME: TSP, TBSP, CUP  WEIGHT: INDIVIDUAL PACKET

**SPREADS: SALAD DRESSINGS, MAYONNAISE, CONDIMENTS, BUTTER, JAMS**

# SNACKS: POPCORN, PRETZELS, CHIPS, CRACKERS, NUTS & SEEDS



**NAME OF FOOD**

---

**DESCRIBE ITEM BY ANSWERING:**

---

**REPORT AMOUNT EATEN IN:**

---

**POPCORN**

**PREPARATION:** PLAIN, WITH BUTTER OR MARGARINE, CHEESE, SUGAR, CARAMEL COATING, OTHER ADDITIONS ? (SPECIFY)

**VOLUME:** CUP, POPPED OR UNPOPPED (SPECIFY)

**BRAND NAME ?**

**WEIGHT:** WEIGHT OF WHOLE PACKAGE AND PORTION EATEN

**PRETZELS**

**TYPE:** HARD, SOFT ?

**PREPARATION:** UNSALTED ? CHOCOLATE-COATED ? CHEESE-FLAVORED ?

**WEIGHT:** NUMBER OF PIECES AND SHAPE (e.g., 1-RING, 3-RING, THIN, DUTCH, ROD, LOG, BITE-SIZE ?)

**BRAND NAME ?**

**ADDITIONS:** (REPORT SEPARATELY)  
MUSTARD (PAGE 2 )

**NAME OF FOOD**

**DESCRIBE ITEM BY ANSWERING:**

**REPORT AMOUNT EATEN IN:**

**CHIPS, PUFFS,  
TWISTS**

**TYPE:** POTATO, CORN, POTATO SKINS, TORTILLA ?  
**FLAVOR:** PLAIN, CHEESE, BBQ, OTHER FLAVOR ?  
**FORM:** IF CHIP - - RESTRUCTURED (PRINGLES), REGULAR, OR RUFFLED ?  
**PREPARATION:** UNSALTED ?  
**BRAND NAME ?**

**VOLUME:** CUP (SPECIFY WHOLE OR CRUSHED)  
**IF CHIP - - SPECIFY REGULAR OR THICK CUT**

**WEIGHT:** NUMBER OF PIECES OR WEIGHT OF WHOLE PACKAGE AND PORTION EATEN

**CRACKERS  
(Sweet and Not Sweet)**

**NAME:** GRAHAM, ANIMAL, STONED WHEAT, PEANUT BUTTER SANDWICH, SALTINES ?  
**PREPARATION:** LOW SODIUM ? UNSALTED ?  
**BRAND NAME ?**

**VOLUME:** CUP, (SPECIFY WHOLE OR CRUSHED); NUMBER, SHAPE AND DIMENSIONS OF PIECES

**WEIGHT:** WEIGHT OF WHOLE PACKAGE AND PORTION EATEN

**NUTS, SEEDS**

**TYPE:** ALMOND, CASHEW, PEANUT, MIXED, SUNFLOWER ?  
**FORM:** IN SHELL OR SHELL REMOVED ?  
**PREPARATION:** UNROASTED, ROASTED, DRY ROASTED, HONEY ROASTED ? WITH OR WITHOUT SALT ?  
**IF COATED - - CHOCOLATE, CAROB, OTHER ?**  
**IF MIXED - - SPECIFY INGREDIENTS**  
**BRAND NAME ?**

**VOLUME:** TSP, TBSP, CUP, NUMBER EATEN

**WEIGHT:** WEIGHT OF WHOLE PACKAGE AND PORTION EATEN

**SPECIFY IN SHELL OR SHELL REMOVED FOR VOLUME/WEIGHT**

**SNACKS: POPCORN, PRETZELS, CHIPS, CRACKERS, NUTS & SEEDS**

# SAUCES, GRAVIES, SOUPS, SYRUPS, SWEETENERS



**NAME OF FOOD**

**DESCRIBE ITEM BY ANSWERING:**

**REPORT AMOUNT EATEN IN:**

**SAUCES**

**NAME:** TOMATO, SPAGHETTI, CREAM, WHITE, HOLLANDAISE, SOY, TERIYAKI, TARTAR ?

**VOLUME:** TSP, TBSP, CUP

**PREPARATION:** LOW CALORIE ? LOW SODIUM ?

**WEIGHT:** INDIVIDUAL PACKET

IF SPAGHETTI SAUCE - -SPECIFY INGREDIENTS

**BRAND NAME ?**

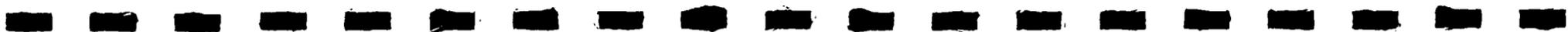
**GRAVIES**

**NAME:** CHICKEN, BEEF, MILK, MUSHROOM, GIBLET ?

**VOLUME:** TSP, TBSP, CUP

**PREPARATION:** MAIN INGREDIENT ?  
MADE WITH MILK, WATER, WINE, OTHER LIQUID ?  
LOW CALORIE ? LOW SODIUM ?

**BRAND NAME ?**



NAME OF FOOD

DESCRIBE ITEM BY ANSWERING:

REPORT AMOUNT EATEN IN:

**SOUPS**

**NAME:** ONION, MINESTRONE, PEA, CHICKEN NOODLE, TOMATO, CREAM OF ASPARAGUS ?

**FORM:** CANNED, DRY MIX, INSTANT, HOME RECIPE ?

**PREPARATION:**

**IF HOME RECIPE:**

1. LIST INGREDIENTS SEPARATELY INCLUDING LIQUID
2. AMOUNT OF EACH INGREDIENT IN RECIPE, AND
3. TOTAL AMOUNT THE RECIPE MADE

**IF CANNED** -- DILUTED OR UNDILUTED ?

**IF DRY MIX OR INSTANT** -- RECONSTITUTED OR NOT

RECONSTITUTED ?

MADE WITH MILK, WATER, OTHER LIQUID ? LOW SODIUM ?

**BRAND NAME ?**

**VOLUME:** TSP, TBSP, CUP

**WEIGHT:** WEIGHT OF INGREDIENTS OR WEIGHT OF WHOLE AND PORTION EATEN

**SYRUPS**

**TYPE:** BLEND (LIST INGREDIENTS), CORN, CANE, 100% MAPLE, FRUIT, CHOCOLATE ?

**PREPARATION:** LOW CALORIE ? DIETETIC ?

**BRAND NAME ?**

**VOLUME:** TSP, TBSP, CUP

**WEIGHT:** INDIVIDUAL PACKET

**SAUCES, GRAVIES, SOUPS, SYRUPS, SWEETENERS**

<u>NAME OF FOOD</u>	<u>DESCRIBE ITEM BY ANSWERING:</u>	<u>REPORT AMOUNT EATEN IN:</u>
<b>SUGARS</b>	<b>TYPE:</b> WHITE, BROWN, CONFECTIONER'S ? <b>FORM:</b> CUBED, GRANULATED, LIQUID, POWDERED ? <b>BRAND NAME ?</b>	<b>VOLUME:</b> TSP, TBSP, CUP, LUMP <b>WEIGHT:</b> INDIVIDUAL PACKET
<b>SUGAR SUBSTITUTES</b>	<b>BRAND NAME:</b> SWEET N' LOW, EQUAL, SUGAR TWIN, SACCHARIN ? <b>FORM:</b> POWDERED, LIQUID OR TABLET ?	<b>VOLUME:</b> TSP, TBSP, CUP, TABLET <b>WEIGHT:</b> INDIVIDUAL PACKET



# SANDWICHES & SALADS



NAME OF FOOD

DESCRIBE ITEM BY ANSWERING:

REPORT AMOUNT EATEN IN:

**FAST FOOD  
SANDWICHES AND  
BREAKFAST ITEMS**

**NAME OF ITEM ?**

**NAME OF RESTAURANT ?**

**PREPARATION:** ADDITIONS OR SUBTRACTIONS MADE TO STANDARD ITEM ?

**EXAMPLE:** WHOPPER JR, WITH CHEESE FROM BURGER KING,  
NO TOMATO

**IF BREAKFAST SANDWICH - - LIST ALL INGREDIENTS  
SEPARATELY**

**EXAMPLE:** SAUSAGE AND EGG BISCUIT WITH CHEESE

**VOLUME:** NUMBER AND/OR  
AMOUNT OF WHOLE EATEN  
(**EXAMPLE:** 1/2 BIG MAC  
SANDWICH)

**OTHER  
SANDWICHES**

**NAME:** SALAMI AND CHEESE SANDWICH, EGG SALAD SANDWICH,  
GRILLED CHEESE SANDWICH ?

**INGREDIENTS:** REPORT INGREDIENTS, INCLUDING SPREADS,  
SEPARATELY AND AMOUNT OF EACH

LIST AMOUNTS OF ALL INGREDIENTS IN  
MEASURES APPROPRIATE FOR THOSE  
INGREDIENTS AND AMOUNT EATEN

**SANDWICHES & SALADS**

# SANDWICHES & SALADS

NAME OF FOOD

DESCRIBE ITEM BY ANSWERING:

REPORT AMOUNT EATEN IN:

## SALADS WITH GREENS

**TYPE:** LETTUCE, SPINACH, CAESAR SALAD ?

**ADDITIONAL INGREDIENTS:** TOMATO, CARROTS, AVOCADO, CHEESE, EGG, MEAT (SPECIFY), CROUTONS, BACON BITS -- REAL OR MEAT SUBSTITUTE ?

**FORM:** FOR EACH ITEM IN SALAD -- RAW, CANNED, FROZEN, DRIED, COOKED ?

**BRAND NAME ?**

**ADDITIONS:** (REPORT SEPARATELY)  
SALAD DRESSING (PAGE 1 )

**VOLUME:** TSP, TBSP, CUP

LIST ALL INGREDIENTS, AMOUNT OF EACH INGREDIENT IN THE RECIPE, AND THE TOTAL AMOUNT THE RECIPE MADE. THEN, TELL HOW MUCH OF THE WHOLE WAS EATEN

## OTHER SALADS

**NAME:** FRUIT SALAD, COLESLAW, EGG SALAD, TUNA SALAD, MACARONI SALAD ?

**INGREDIENTS:** CABBAGE, CARROTS, GRAPES, CELERY, OLIVES ?

**FORM:** FOR EACH ITEM IN SALAD -- RAW, CANNED, FROZEN, DRIED, COOKED ?

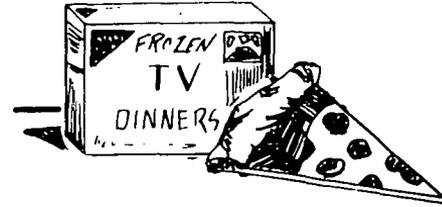
**PREPARATION:** IF CANNED FRUIT -- DRAINED ?  
IF COLESLAW -- WITH DRESSING ? WITH FRUIT (SPECIFY) ?

**BRAND NAME ?**

**VOLUME:** TSP, TBSP, CUP

LIST ALL INGREDIENTS, AMOUNT OF EACH INGREDIENT IN THE RECIPE, AND THE TOTAL AMOUNT THE RECIPE MADE. THEN, TELL HOW MUCH OF THE WHOLE WAS EATEN

# PIZZA, FROZEN MEALS & MIXTURES

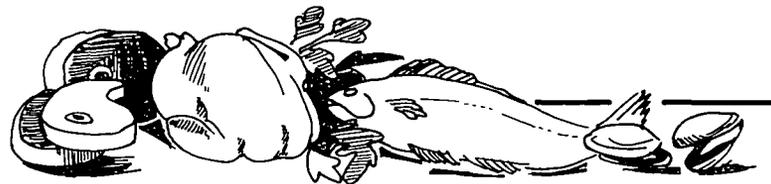


NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
<b>PIZZA</b>	TYPE: PIZZA, PIAZZO ?  PREPARATION: CRUST - - THICK OR THIN ?  TOPPING OR FILLING: VEGETABLES, MEAT, OTHER TOPPINGS ?  BRAND NAME ?	<b>WEIGHT:</b> <b>IF ROUND PIE:</b> 1. DIAMETER OF PIE, 2. NUMBER OF SLICES IN PIE <u>AND</u> 3. NUMBER OF SLICES EATEN  <b>EXAMPLE:</b> 8" DIAMETER PIAZZO CUT INTO 4 PIECES, ATE TWO  <b>IF ROUND PIE:</b> 1. DIAMETER OF PIE <u>AND</u> 2. PORTION EATEN  <b>EXAMPLE:</b> 1/4 OF A 12" DIAMETER PIZZA  <b>IF SQUARE PIE:</b> LENGTH AND WIDTH OF PIECES AND NUMBER EATEN

# PIZZA, FROZEN MEALS & MIXTURES

NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
<b>FROZEN MEALS</b>	<b>BRAND NAME ?</b> <b>NAME OF MEAL ?</b> <b>INGREDIENTS:</b> ENTREE, VEGETABLES, DESSERT (SPECIFY) <b>PORTION:</b> REGULAR, LARGE, HUNGRY MAN, DIET ?	<b>VOLUME:</b> CUP (NUMBER OR PORTION OF EACH ITEM) <b>WEIGHT:</b> PACKAGE WEIGHT AND WHOLE OR PORTION EATEN <div data-bbox="1444 319 2011 433" style="border: 1px solid black; padding: 5px; text-align: center;">WEIGHT IS PREFERABLE TO VOLUME MEASURE FOR FROZEN MEAL</div>
<b>MIXED DISHES</b>	<b>NAME OF MIXTURE:</b> BEEF STEW, MACARONI AND CHEESE, TACOS <b>MAIN INGREDIENT: IF MEAT, POULTRY OR FISH :</b> WHAT TYPE -- BEEF, HAMBURGER, CHICKEN, TUNA ? <b>IF GRAIN:</b> WHAT TYPE -- WHITE RICE, NOODLES, CORN TORTILLA ? <b>ADDITIONAL INGREDIENTS:</b> CHEESE, VEGETABLES (LIST) <b>SAUCE/GRAVY:</b> TOMATO, SOY, MEAT, CREAM, WHITE, CHEESE, BUTTER, SOUP (SPECIFY)	<b>VOLUME:</b> TSP, TBSP, CUP <b>NUMBER OF ITEMS:</b> <b>EXAMPLE:</b> 1 BURRITO, 1 CRAB CAKE <div data-bbox="1423 663 2011 873" style="border: 1px solid black; padding: 5px;"><b>IF HOME RECIPE:</b> LIST ALL INGREDIENTS, AMOUNT OF EACH INGREDIENT IN THE RECIPE, AND THE TOTAL AMOUNT THE RECIPE MADE. THEN, TELL HOW MUCH OF THE WHOLE WAS EATEN</div>
	<b>IF HOME RECIPE:</b> 1. LIST INGREDIENTS SEPARATELY 2. AMOUNT OF EACH INGREDIENT IN RECIPE, AND 3. TOTAL AMOUNT THE RECIPE MADE	
	<b>BRAND NAME ?</b>	

# MEAT, POULTRY & FISH



NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
<b>MEAT</b>	<p><b>TYPE:</b> BEEF, PORK, LAMB, VEAL, VENISON, RABBIT ?</p> <p><b>CUT/PARTS:</b> STEAK, CHOP, ROAST, GROUND, LIVER ?</p> <p><b>FORM:</b> FRESH, DRIED, SMOKED, CANNED, CURED ? WITH OR WITHOUT BONE ?</p> <p><b>IF BACON</b> - - SMOKED/CURED, FRESH SIDE PORK OR SUBSTITUTE ?</p> <p><b>PREPARATION:</b> BAKED, BRAISED, BROILED, BOILED, FRIED, PICKLED, ROASTED, STEWED ?</p> <p><b>IF COATED</b> - - BATTERED, BREADED, FLOURED ?</p> <p>FAT EATEN OR NO FAT EATEN ?</p> <p>BRAND NAME ?</p> <p><b>ADDITIONS:</b> (REPORT SEPARATELY) SAUCE/GRAVY (PAGE 4 )</p>	<p><b>WEIGHT:</b> POUND, OZ</p> <div data-bbox="1440 530 2009 609" style="border: 1px solid black; padding: 5px;"><p>MUST SPECIFY: RAW OR COOKED WEIGHT, WITH OR WITHOUT BONE</p></div> <p><b>VOLUME:</b> CUP (IF GROUND OR CHOPPED <u>ONLY</u>)</p> <p><b>SIZE:</b> SMALL, MEDIUM, LARGE ? (e.g., LARGE T-BONE STEAK)</p> <p><b>BONELESS PIECE:</b> REPORT NUMBER, SIZE AND DIMENSIONS OF <u>EACH</u> COOKED PIECE (e.g., 3 PIECES, BONELESS, 1"W x 2"L x 1/2"H EACH)</p>

NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
<b>POULTRY</b>	<p><b>TYPE:</b> CHICKEN, TURKEY, DUCK, GOOSE, CORNISH GAME HEN ?</p> <p><b>CUT/PARTS:</b> DRUMSTICK, THIGH, WING, NECK, BACK, LIGHT MEAT, DARK MEAT ? <b>IF BREAST</b> - - WHOLE (2 PARTS) OR HALF ? <b>IF LEG</b> - - DRUMSTICK AND THIGH ARE INCLUDED</p> <p><b>FORM:</b> FRESH, SMOKED, CANNED ? WITH OR WITHOUT BONE ?</p> <p><b>PREPARATION:</b> BAKED, BROILED, FRIED, ROASTED, STEWED ? <b>IF COATED</b> - - BATTERED, BREADED, FLOURED ? SKIN EATEN OR NO SKIN EATEN ?</p> <p><b>BRAND NAME ?</b></p> <p><b>ADDITIONS:</b> (REPORT SEPARATELY) SAUCE/GRAVY (PAGE 4 )</p>	<p><b>WEIGHT:</b> POUND, OZ</p> <div data-bbox="1444 280 2016 363" style="border: 1px solid black; padding: 5px; text-align: center;"><p>MUST SPECIFY: RAW OR COOKED WEIGHT, WITH OR WITHOUT BONE</p></div> <p><b>VOLUME:</b> CUP (IF GROUND OR CHOPPED <u>ONLY</u>)</p> <p><b>SIZE:</b> SMALL, MEDIUM, LARGE ? (e.g., SMALL HALF BREAST)</p> <p><b>BONE LESS PIECE:</b> REPORT NUMBER, SIZE AND DIMENSIONS OF <u>EACH</u> COOKED PIECE (e.g., 3 <u>PIECES</u>, BONELESS, 1" W x 2" L x 1/2" H EACH)</p>
<b>FISH, SHELLFISH</b>	<p><b>TYPE:</b> PERCH, COD, TUNA, SALMON, CRAB, SHRIMP, CLAMS, HERRING, BASS ?</p> <p><b>FORM:</b> COOKED, FRESH, FROZEN, CANNED, FILLETED , DRIED, PICKLED ? WITH OR WITHOUT BONE ? WITH OR WITHOUT SHELL ?</p>	<p><b>WEIGHT:</b> POUND, OZ</p> <div data-bbox="1444 878 2016 999" style="border: 1px solid black; padding: 5px; text-align: center;"><p>MUST SPECIFY RAW OR COOKED WEIGHT, WITH OR WITHOUT BONE, WITH OR WITHOUT SHELL</p></div> <p><b>VOLUME:</b> CUP (IF FLAKED)</p>

(Continued Below)

(Continued Below)

**NAME OF FOOD**

**DESCRIBE ITEM BY ANSWERING:**

**REPORT AMOUNT EATEN IN:**

**FISH,  
SHELLFISH**  
(continued)

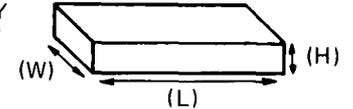
**PREPARATION:** RAW, BAKED, BROILED, SAUTEED, STEAMED ?  
IF COATED -- BATTERED, BREADED, FLOURED ?

**BRAND NAME ?**

**ADDITIONS:** (REPORT SEPARATELY)  
SAUCE/GRAVY (PAGE 4 )  
BUTTER OR MARGARINE, ADDED AT TABLE (PAGE 2 )

**SIZE:** SMALL, MEDIUM, LARGE  
OR DIMENSIONS OF EACH  
COOKED PIECE

**EXAMPLE:** FISH STICK RECTANGLE  
3 1/2" LONG BY  
1 1/2" WIDE BY  
3/4" HIGH



**LUNCH MEATS**  
(If Not Deli or  
Packaged, See  
Meat or Poultry  
Above)

**NAME:** BOILED HAM, TURKEY LOAF, PRESSED HAM, MEAT  
SUBSTITUTE ?

**FORM:** DELI TYPE OR PREPACKAGED ?  
LOAF OR ROLL ? SMOKED OR NOT SMOKED ?  
PRESSED OR NOT PRESSED ?

**BRAND NAME ?**

**WEIGHT:** POUND, OZ

**VOLUME:** NUMBER OF SLICES  
AND DIMENSIONS OF EACH:  
**IF ROUND:** DIAMETER x HEIGHT  
**IF SQUARE OR RECTANGULAR:**  
LENGTH x WIDTH x HEIGHT

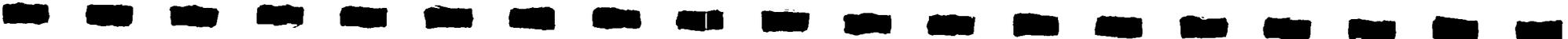
# FRUITS, POTATOES, VEGETABLES, PICKLES



NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
<b>FRUITS, BERRIES</b>	<p><b>TYPE:</b> APPLE, ORANGE, BANANA, STRAWBERRY, GRAPE, RAISIN?</p> <p><b>FORM:</b> RAW, CANNED, FROZEN, DRIED, COOKED ?</p> <p><b>PREPARATION:</b></p> <p>IF CANNED - - IN LIGHT SYRUP, HEAVY SYRUP, JUICE, WATER ? DRAINED OR NOT DRAINED ?</p> <p>IF FROZEN - - SUGAR SWEETENED, LOW CALORIE SWEETENED OR UNSWEETENED ?</p> <p>IF DRIED - - COOKED OR NOT COOKED ?</p> <p>IF COOKED - - INGREDIENTS ADDED DURING COOKING ? (e.g., SUGAR)</p> <p><b>BRAND NAME ?</b></p> <p><b>ADDITIONS:</b> (REPORT SEPARATELY)</p>	<p><b>VOLUME:</b> CUP, NUMBER OF PIECES AND SIZE (e.g., 1 MEDIUM BANANA, 1/2 LARGE GRAPFRUIT)</p> <p><b>WEIGHT:</b> OZ, POUND, WEIGHT OF WHOLE PACKAGE OR CAN AND PORTION EATEN</p>
<p>SPECIFY RAW OR COOKED VOLUME/WEIGHT, PEEL EATEN OR NOT EATEN, WITH OR WITHOUT SEEDS/PITS</p>		
<b>POTATOES</b>	<p><b>TYPE:</b> WHITE, SWEET ?</p> <p><b>FORM:</b> FRESH, FROZEN, INSTANT, CANNED?</p> <p><b>PREPARATION:</b> BAKED, BROILED, MASHED, FRIED, FRENCH FRIED, STUFFED, HASH BROWN, CANDIED ?</p> <p>IF FRENCH FRIED OR HASH BROWN - - OVEN-BAKED OR DEEP-FRIED ?</p> <p>IF MASHED OR CREAMED - - MILK, CREAM, FAT ADDED ? (SPECIFY)</p> <p>PEEL/SKIN EATEN OR NO PEEL/SKIN EATEN ?</p> <p>FAT ADDED OR NO FAT ADDED IN COOKING ?</p>	<p><b>VOLUME:</b> TSP, TBSP, CUP, OR NUMBER OF PIECES AND SIZE (e.g., ONE SMALL POTATO)</p> <p><b>WEIGHT:</b> OZ, POUND, WEIGHT OF WHOLE PACKAGE OR CAN AND PORTION EATEN</p>
<p>SPECIFY RAW OR COOKED VOLUME/WEIGHT</p>		

(Continued Below)

(Continued Below)



**NAME OF FOOD**

**DESCRIBE ITEM BY ANSWERING:**

**REPORT AMOUNT EATEN IN:**

**POTATOES**  
(continued)

**BRAND NAME ?**

**ADDITIONS: (REPORT SEPARATELY)**

BUTTER (PAGE 2 )  
SOUR CREAM (PAGE 16 )

**OTHER**  
**VEGETABLES**

**NAME: BROCCOLI, CARROTS, TOMATOES, CORN, PINTO BEANS, ICEBERG LETTUCE, CELERY, MIXED VEGETABLES (SPECIFY KIND) ?**

**SPECIFIC TYPE/COLOR:**

BEANS (DRY COOKED): PINTO, LIMA, GARBANZO ?  
BEANS (NOT DRY): WAX (YELLOW), STRING, GREEN ?  
CABBAGE: RED, GREEN  
CORN: YELLOW, WHITE ?  
GREENS: LAMBSQUARTER, MUSTARD, KALE ?  
LETTUCE: ICEBERG, ROMAINE, ESCAROLE, BOSTON ?  
ONIONS: GREEN, RED, PEARL  
PEAS: GREEN, SNOW, CROWDER, BLACKEYED ?  
PEPPERS: RED, GREEN, SWEET, HOT ?  
SQUASH: HUBBARD, ACORN, SUMMER, WINTER, ZUCCHINI ?

**FORM: RAW, COOKED, CANNED, FROZEN ?**

**PREPARATION: FAT ADDED OR NO FAT ADDED IN COOKING ?**

**IF CANNED: LOW SODIUM ?**

**BRAND NAME ?**

**ADDITIONS: (REPORT SEPARATELY)**

IF FRENCH FRIED, SPECIFY STYLE:  
CRINKLE CUT, SHOESTRING, STRAIGHT,  
STEAK FRIES

**VOLUME: CUP, NUMBER OF PIECES, SIZE AND TYPE (e.g., ONE LARGE ZUCCHINI, ONE MEDIUM TOMATO, 1/2 CUP SLICED CARROTS)**

**WEIGHT: OZ, POUND**  
WEIGHT OF WHOLE PACKAGE  
OR CAN AND PORTION EATEN

SPECIFY RAW OR COOKED  
VOLUME/WEIGHT

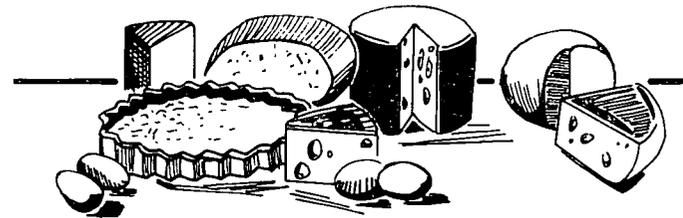
FOR DRY BEANS: SPECIFY  
DRY OR COOKED  
VOLUME/WEIGHT

**PICKLES**

**TYPE: BREAD AND BUTTER, CUCUMBER DILL, CUCUMBER SOUR, CUCUMBER SWEET, MIXED ?**

**BRAND NAME ?**

**VOLUME: TSP, TBSP, CUP, NUMBER OF PIECES, SIZE (e.g., SMALL, MEDIUM, LARGE), AND TYPE (e.g., WHOLE, SPEAR, SLICE)**



**NAME OF FOOD**  


---

**CHEESE**

**DESCRIBE ITEM BY ANSWERING:**  


---

**REPORT AMOUNT EATEN IN:**  


---

**TYPE:** PROCESSED, NATURAL, IMITATION ?  
 (CHECK LABEL ON PACKAGE)

**NAME:** SWISS, CHEDDAR, AMERICAN, LONGHORN, MUENSTER,  
 MOZZARELLA, FETA, PARMESAN, ROMANO ?

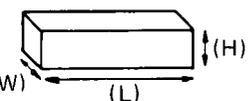
**FORM:** CUBED, GRATED, SLICED, BRICK ?

**PREPARATION:** LOW SODIUM ? LOW FAT ?

**BRAND NAME ?**

**VOLUME:** TSP, TBSP, CUP  
**IF PRESLICED:** REPORT ONLY  
 NUMBER OF SLICES  
**IF NOT PRESLICED:** REPORT  
 NUMBER, SHAPE AND  
 DIMENSIONS OF SLICE

**EXAMPLE:** ONE RECTANGULAR  
 SLICE  
 1" HIGH BY  
 2" WIDE BY  
 2" LONG



**WEIGHT:** PACKAGE WEIGHT AND  
 PORTION EATEN

**CHEESE  
 SPREAD**

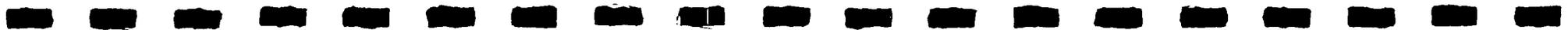
**TYPE:** FROM CHEDDAR, AMERICAN, CREAM CHEESE BASE,  
 IMITATION ?

**FORM:** JAR, PRESSURIZED CAN ?

**BRAND NAME ?**

**VOLUME:** TSP, TBSP, CUP

**WEIGHT:** PACKAGE WEIGHT  
 AND PORTION EATEN



NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
COTTAGE CHEESE	TYPE: SMALL, LARGE, DRY CURD ?  PREPARATION: LOW SODIUM ? LOW FAT ? WITH OR WITHOUT FRUIT INCLUDED ? WITH OR WITHOUT VEGETABLES INCLUDED ?  BRAND NAME ?	VOLUME: TSP, TBSP, CUP
CREAM CHEESE	TYPE: REAL ? IMITATION ?  FORM: WHIPPED ?  PREPARATION: LOW FAT ? WITH OR WITHOUT FRUIT INCLUDED ? WITH OR WITHOUT VEGETABLES INCLUDED ?  BRAND NAME ?	VOLUME: TSP, TBSP, CUP  WEIGHT: PACKAGE WEIGHT AND PORTION EATEN
DIPS	NAME: GUACAMOLE, BEAN, VEGETABLE, ONION ?  PREPARATION: MAIN INGREDIENTS - - SOUR CREAM, CHEESE, CHICKPEAS, CREAM CHEESE, AVOCADO, OTHER ?  BRAND NAME ?	VOLUME: TSP, TBSP, CUP

NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
<b>EGGS</b>	<b>TYPE:</b> CHICKEN, DUCK, TURKEY ? <b>FORM:</b> WHOLE, YOLKS ONLY, WHITES ONLY ? <b>PREPARATION:</b> FRIED, SCRAMBLED, POACHED, BOILED, BAKED, OMELET ? <b>FAT ADDED OR NO FAT ADDED IN COOKING ?</b> <b>IF OMELET OR SCRAMBLED:</b> SPECIFY OTHER INGREDIENTS -- MILK, VEGETABLES, CHEESE  <b>BRAND NAME ?</b>	<b>VOLUME:</b> CUP, NUMBER EATEN AND SIZE (SMALL, MEDIUM, LARGE, EXTRA LARGE, JUMBO)
<b>EGG SUBSTITUTES</b>	<b>FORM:</b> POWDERED, LIQUID, FROZEN ?  <b>BRAND NAME ?</b>	<b>VOLUME:</b> TSP, TBSP, CUP, FL. OZ. (RAW OR COOKED SPECIFIED) <b>WEIGHT:</b> PACKAGE WEIGHT AND PORTION EATEN
<b>YOGURT, FROZEN YOGURT</b>	<b>TYPE:</b> MADE FROM WHOLE, LOW FAT, NONFAT MILK ? <b>FLAVOR:</b> PLAIN, VANILLA, COFFEE, CHOCOLATE, LEMON, OTHER FRUIT ? <b>FORM:</b> CUSTARD STYLE, BREAKFAST TYPE, FROZEN ? <b>IF FROZEN:</b> CHOCOLATE-COATED, CAROB-COATED ?  <b>BRAND NAME ?</b>	<b>VOLUME:</b> TSP, TBSP, CUP  <b>WEIGHT:</b> CONTAINER WEIGHT AND PORTION EATEN

# CANDIES & DESSERTS



**NAME OF FOOD**  
**BREAKFAST BARS,  
 GRANOLA BARS**

**DESCRIBE ITEM BY ANSWERING:**

**REPORT AMOUNT EATEN IN:**

**TYPE:** BREAKFAST, GRANOLA ?

**VOLUME:** NUMBER EATEN

**PREPARATION:** SPECIFY INGREDIENTS  
 (e.g., OATS, RAISINS, NUTS, COCONUT, CHOCOLATE CHIPS,  
 NOUGAT)  
 COATING ? (SPECIFY)

**IF HOME RECIPE:** GIVE NUMBER  
 EATEN, DIMENSIONS AND  
 SHAPE OF PIECE

**BRAND NAME ?**

**WEIGHT:** OZ, PACKAGE WEIGHT  
 AND PORTION EATEN

**COOKIES,  
 BROWNIES**

**NAME:** CHOCOLATE CHIP COOKIE, OATMEAL COOKIE, COCONUT  
 COOKIE, BUTTERSCOTCH BROWNIE, CHOCOLATE BROWNIE,  
 MARSHMALLOW COOKIE, SUGAR COOKIE, VANILLA WAFER ?

**VOLUME:** NUMBER EATEN AND  
 SIZE (SMALL, MEDIUM, LARGE)

**TYPE:** PREPACKAGED, FROM HOME RECIPE, DIETETIC ?

**WEIGHT:** OZ, PACKAGE WEIGHT  
 AND PORTION EATEN

**PREPARATION:** WITH ICING, NUTS, FILLING ? (SPECIFY KIND)

**IF BROWNIES/BAR COOKIES:**  
**VOLUME:** NUMBER EATEN,  
 DIMENSIONS AND SHAPE  
 OF EACH

**BRAND NAME ?**

**DOUGHNUTS**

**NAME:** PLAIN, WHOLE WHEAT ?

**VOLUME:** NUMBER EATEN AND  
 SIZE (SMALL, MEDIUM, LARGE)

**TYPE:** CAKE OR RAISED (YEAST) ?

**PREPARATION:** WITH ICING, GLAZE, COATING, FILLING ?  
 (SPECIFY KIND)

**WEIGHT:** OZ, PACKAGE WEIGHT  
 AND PORTION EATEN

**BRAND NAME ?**

**NAME OF FOOD**

**DESCRIBE ITEM BY ANSWERING:**

**REPORT AMOUNT EATEN IN:**

**CAKES,  
CUPCAKES,  
SNACK CAKES**

**TYPE:** DEVIL'S FOOD, FUDGE, CHOCOLATE, WHITE, YELLOW, CHEESECAKE, POUND ?

**PREPARATION:** WITH ICING, FILLING ? (SPECIFY KIND) LAYERS ? (SPECIFY NUMBER)

**FORM:** MADE FROM MIX, HOME RECIPE, READY-TO-EAT ? IF MIX - - PUDDING OR STANDARD TYPE ?

**IF HOME RECIPE:**

1. LIST INGREDIENTS SEPARATELY
2. AMOUNT OF EACH INGREDIENT IN RECIPE, AND
3. TOTAL AMOUNT THE RECIPE MADE

**BRAND NAME ?**

**VOLUME: IF ROUND:**

1. DIAMETER OF WHOLE
2. NUMBER OF LAYERS
3. HEIGHT, AND
4. PORTION EATEN

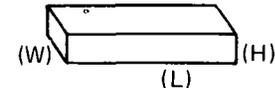
**EXAMPLE:** 1/10 OF A 9" DIAMETER CAKE, 3" HIGH, TWO LAYERS

**VOLUME: IF SQUARE OR RECTANGLE:**

1. DIMENSIONS
2. SHAPE OF PIECE, AND
3. NUMBER EATEN

**EXAMPLE:** ONE RECTANGULAR SLICE

1" HIGH BY  
2" WIDE BY  
2" LONG



**WEIGHT:** OZ, POUND

**COBBLERS,  
CRISPS**

**TYPE:** CHERRY, APPLE, PEACH ?

**ADDITIONS:** (REPORT SEPARATELY)  
ICE CREAM (PAGE 13 )  
WHIPPED CREAM (PAGE 16 )  
CHEESE (PAGE 10 )

**BRAND NAME?**

**VOLUME:** CUP, NUMBER EATEN, DIMENSIONS AND SHAPE OF PIECE

**WEIGHT:** OZ

**NAME OF FOOD**

**DESCRIBE ITEM BY ANSWERING:**

**REPORT AMOUNT EATEN IN:**

**PIES, TARTS,  
STRUDELS,  
TURNOVERS**

**TYPE:** APPLE PIE, COCONUT PIE, CUSTARD PIE, MINCE PIE,  
PEACH TART, LEMON MERINGUE PIE, CHERRY STRUDEL ?

**PREPARATION:** IF PIE, TART -- ONE OR TWO CRUSTS ?

**SIZE:** DEEP-DISH, STANDARD, INDIVIDUAL ?

**BRAND NAME ?**

**ADDITIONS:** (REPORT SEPARATELY)

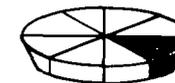
ICE CREAM (PAGE 13 )  
WHIPPED CREAM (PAGE 16 )  
CHEESE (PAGE 10 )

**VOLUME: IF ROUND:**

1. DIAMETER OF WHOLE
2. PORTION EATEN

**EXAMPLE:**

1/8 OF 9"  
DIAMETER PIE



**VOLUME: IF SQUARE OR RECTANGLE:**

1. DIMENSIONS,
2. SHAPE OF PIECE AND
3. NUMBER EATEN

**EXAMPLE:** 2 SQUARE PIECES OF  
STRUDEL, EACH 2-1/2" L x 2-1/2"W x  
1-1/2" H

**WEIGHT:** OZ, POUND

**JELLO,  
GELATIN**

**PREPARATION:** UNFLAVORED, PRESWEETENED WITH SUGAR OR  
LOW CALORIE SWEETENER ?  
FRUIT, VEGETABLES, NUTS INCLUDED ?

**ADDITIONS:** (REPORT SEPARATELY)

WHIPPED CREAM (PAGE 16 )  
COTTAGE CHEESE (PAGE 10 )

**BRAND NAME ?**

**VOLUME:** CUP

**PUDDING,  
PUDDING POPS**

**NAME:** RICE, CHOCOLATE, CUSTARD, TAPIOCA, BREAD,  
CORNSTARCH ?

**FORM:** FROM DRY MIX, CANNED, HOME RECIPE, FROZEN ON STICK ?

**PREPARATION:** LOW CALORIE ?

**ADDITIONS:** (REPORT SEPARATELY)

**BRAND NAME ?**

**VOLUME:** TSP, TBSP, CUP

**WEIGHT:** WEIGHT OF WHOLE AND  
OR PORTION EATEN

**PUDDING POPS:** NUMBER EATEN

NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
ICE CREAM, ICE MILK, SHERBET	<p><b>TYPE:</b> ICE CREAM, ICE MILK, SOFT SERVE, IMITATION, FUDGESICLE, SHERBET ?</p> <p><b>FLAVOR:</b> (SPECIFY)</p> <p><b>FORM:</b> BAR, STICK, CONE (SPECIFY KIND), SANDWICH, SUNDAE, PLAIN ?</p> <p><b>PREPARATION: IF SUNDAE OR CONE:</b> 1. REPORT INGREDIENTS AND 2. AMOUNTS FOR EACH INGREDIENT SEPARATELY WHEN POSSIBLE  <b>IF BAR OR STICK:</b> COATING ?</p> <p><b>ADDITIONS:</b> (REPORT SEPARATELY)            NUTS (PAGE 3 )            SYRUP (PAGE 4 )</p> <p><b>BRAND NAME ?</b></p>	<p><b>VOLUME:</b> TSP, TBSP, CUP; DIXIE CUP; SMALL, MEDIUM, LARGE, DIP  <b>IF WITH CONE:</b> SINGLE OR DOUBLE DIP  <b>IF BAR, STICK OR SANDWICH:</b> NUMBER EATEN</p> <div data-bbox="1464 424 2030 575" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>IF SUNDAE OR CONE:</b> LIST AMOUNTS OF ALL INGREDIENTS IN MEASURES APPROPRIATE FOR THOSE INGREDIENTS</p> </div>
ICES, FRUIT BARS	<p><b>TYPE:</b> POPSICLE, SLURP, SNOWCONE, KOOL POP, FROZEN FRUIT BAR ?</p> <p><b>BRAND NAME ?</b></p>	<p><b>VOLUME:</b> CUP, FL. OZ, NUMBER EATEN AND SINGLE OR DOUBLE STICK</p>
CANDIES	<p><b>BRAND NAME ?</b></p> <p><b>TYPE:</b> HARD, BONBON, FRUIT LEATHER, BRITTLE, CARAMEL, FUDGE, TAFFY, TOFFEE, FONDANT ?</p> <p><b>PREPARATION:</b> DIETETIC ? NUTS, RAISINS, COATING, FILLING, ETC. ?</p>	<p><b>WEIGHT:</b> PACKAGE WEIGHT AND PORTION EATEN  <b>EXAMPLE:</b> 10 CARAMELS FROM 1 POUND BAG OF 50 PIECES  <b>EXAMPLE:</b> 1/2 OF A 1.4 OZ BAR</p> <div data-bbox="1464 1110 2030 1205" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>FOR INDIVIDUAL ITEMS ONLY:            IF PACKAGE WEIGHT UNAVAILABLE ASK FOR PRICE</p> </div> <p><b>VOLUME:</b> NUMBER, DIMENSION AND SHAPE OF PIECES</p>

# BREADS, SWEET BREADS, PASTA, RICE, CEREALS, PANCAKES & WAFFLES



## NAME OF FOOD

**BREAD (Not Sweet)  
ROLLS, BAGELS,  
ENGLISH MUFFINS**

## DESCRIBE ITEM BY ANSWERING:

**NAME:** ITALIAN BREAD, KAISER ROLL, FRENCH BREAD, HOT DOG ROLL, ONION BAGEL, HAMBURGER ROLL, DINNER ROLL, HOAGIE ROLL, RAISIN BREAD, HIGH FIBER BREAD ?

**TYPE:** WHITE, RYE, WHOLE WHEAT, MULTIGRAIN ?

**FORM:** COMMERCIAL, BAKERY OR FROM HOME RECIPE ?

### IF HOME RECIPE:

1. LIST INGREDIENTS SEPARATELY,
2. AMOUNT OF EACH INGREDIENT IN RECIPE, AND
3. TOTAL AMOUNT THE RECIPE MADE

**PREPARATION:** TOASTED OR NOT TOASTED ?  
LOW SODIUM ? REDUCED CALORIE ?  
IF ROLL . . HARD OR SOFT ?

**BRAND NAME ?**

**ADDITIONS:** (REPORT SEPARATELY)  
BUTTER/MARGARINE, ADDED AT TABLE (PAGE 2 )  
JAM/JELLY (PAGE 2 )

## REPORT AMOUNT EATEN IN:

**VOLUME:** NUMBER OF ITEMS/SLICES  
AND SIZE (THICK, REGULAR,  
THIN, VERY THIN)

**DIMENSIONS AND SHAPE OF  
PIECE** (e.g., ONE SQUARE  
SLICE 3'' x 3'' x 1'')

**IF BAGEL OR ROLL:** SMALL,  
MEDIUM OR LARGE

NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
<b>SWEET BREADS, COFFEE CAKES, SWEET ROLLS, PASTRIES, QUICK BREADS, MUFFINS, CROISSANTS, CORNBREAD</b>	<b>TYPE:</b> COFFEE CAKE, SWEET ROLL OR BUN, DANISH PASTRY, QUICK BREAD, MUFFIN, CROISSANT, CORNBREAD ?  <b>PREPARATION:</b> TOASTED OR NOT TOASTED ? WITH FROSTING, FRUIT, NUTS, BRAN, FILLING ? (SPECIFY) <b>IF CORNBREAD</b> -- FROM HOME RECIPE ?  <b>BRAND NAME ?</b>  <b>ADDITIONS:</b> (REPORT SEPARATELY) BUTTER/MARGARINE, ADDED AT TABLE (PAGE 2 )	<b>VOLUME:</b> NUMBER OF ITEMS AND SIZE (SMALL, MEDIUM, LARGE)  <b>IF CORNBREAD AND COFFEE CAKE:</b> DIMENSIONS AND SHAPE OF PIECE (e.g., 3" x 2" x 1 1/2" RECTANGLE OR 1/8 OF 9" DIAMETER x 1/2" HIGH CORNBREAD)  <b>IF CROISSANTS, MUFFINS, PASTRIES:</b> NUMBER OF ITEMS
<b>BISCUITS</b>	<b>TYPE:</b> BAKING POWDER, BUTTERMILK, WHOLE WHEAT ?  <b>FORM:</b> FROM MIX, REFRIGERATED DOUGH, HOME RECIPE ?  <div data-bbox="485 625 1341 759" style="border: 1px solid black; padding: 5px;"><b>IF HOME RECIPE:</b> 1. LIST INGREDIENTS SEPARATELY 2. AMOUNT OF EACH INGREDIENT IN RECIPE, AND 3. TOTAL AMOUNT THE RECIPE MADE</div> <b>BRAND NAME ?</b>  <b>ADDITIONS:</b> (REPORT SEPARATELY) BUTTER/MARGARINE, ADDED AT TABLE (PAGE 2 ) JAM/JELLY (PAGE 2 )	<b>VOLUME:</b> NUMBER AND SIZE: (SMALL, MEDIUM, LARGE), DIMENSIONS AND SHAPE OF PIECE
<b>BREAD OR RICE, STUFFING, DRESSING</b>	<b>TYPE:</b> CORNBREAD, WHITE BREAD, RICE ?  <b>FORM:</b> PACKAGED OR FROM HOME RECIPE ?  <div data-bbox="485 1082 1341 1216" style="border: 1px solid black; padding: 5px;"><b>IF HOME RECIPE:</b> 1. LIST INGREDIENTS SEPARATELY 2. AMOUNT OF EACH INGREDIENT IN RECIPE, AND 3. TOTAL AMOUNT THE RECIPE MADE</div> <b>BRAND NAME ?</b>	<b>VOLUME:</b> TSP, TBSP, CUP

NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
<b>PASTA: NOODLES, MACARONI, SPAGHETTI</b>	<b>NAME:</b> NOODLES, MACARONI, SPAGHETTI  <b>TYPE:</b> EGG, RICE, SPINACH, TRANSPARENT, WHOLE WHEAT, HIGH PROTEIN ? FAT ADDED OR NO FAT ADDED IN COOKING ?  <b>BRAND NAME ?</b>  <b>ADDITIONS:</b> (REPORT SEPARATELY) BUTTER/MARGARINE, ADDED AT TABLE (PAGE 2 ) SAUCE/GRAVY (PAGE 4 )	<b>VOLUME:</b> CUP (SPECIFY DRY OR COOKED)  <b>WEIGHT:</b> OZ (DRY ONLY)
<b>RICE</b>	<b>TYPE:</b> WHITE, BROWN, WILD, CONVERTED (CHECK LABEL), COMBINATION (SPECIFY) ?  <b>PREPARATION:</b> LONG-COOKING, INSTANT, QUICK, MINUTE ? FAT ADDED OR NO FAT ADDED IN COOKING ?  <b>BRAND NAME ?</b>  <b>ADDITIONS:</b> (REPORT SEPARATELY) BUTTER/MARGARINE, ADDED AT TABLE (PAGE 2 ) SAUCE/GRAVY (PAGE 4 )	<b>VOLUME:</b> CUP (SPECIFY DRY OR COOKED)  <b>WEIGHT:</b> OZ (DRY ONLY)
<b>READY-TO-EAT CEREALS</b>	<b>BRAND NAME ?</b>  <b>PREPARATION:</b> PRESWEETENED WITH SUGAR OR LOW CALORIE SWEETENER ?  <b>ADDITIONS:</b> (REPORT SEPARATELY) MILK (PAGE 16 ) FRUIT (PAGE 9 ) SWEETENER, ADDED AT TABLE (PAGE 5)	<b>VOLUME:</b> TSP, TBSP, CUP  <b>WEIGHT:</b> OZ, INDIVIDUAL PACKAGE OR BOX

NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT EATEN IN:
<b>COOKED CEREALS</b>	<p><b>TYPE:</b> BUCKWHEAT, CORNMEAL MUSH, CORN GRITS, HOMINY GRITS, OATMEAL, CREAM OF WHEAT, BULGAR, WHOLE WHEAT ?</p> <p><b>IF PREPACKAGED:</b> WITH FRUIT, SPICE, OTHER FLAVOR ?</p> <p><b>PREPARATION:</b> REGULAR-COOKING, INSTANT, QUICK ? MADE WITH MILK, WATER ? FAT ADDED OR NO FAT ADDED IN COOKING ?</p> <p><b>BRAND NAME ?</b></p> <p><b>ADDITIONS:</b> (REPORT SEPARATELY) MILK (PAGE 16 ) SUGAR OR LOW CALORIE SWEETENER (PAGE 5 ) FRUIT (PAGE 9 ) BUTTER/MARGARINE, ADDED AT TABLE (PAGE 2 )</p>	<p><b>VOLUME:</b> TSP, TBSP, CUP (SPECIFY DRY OR COOKED)</p> <p><b>WEIGHT:</b> OZ (DRY ONLY), OR INDIVIDUAL PACKAGE</p>
<b>PANCAKES/FLAPJACKS, WAFFLES, FRENCH TOAST</b>	<p><b>TYPE:</b> BUCKWHEAT, WHOLE WHEAT, BRAN, SOURDOUGH, WHITE ?</p> <p><b>PREPARATION:</b> WITH FRUIT ? (SPECIFY)</p> <p><b>BRAND NAME ?</b></p> <p><b>ADDITIONS:</b> (REPORT SEPARATELY) BUTTER/MARGARINE, ADDED AT TABLE (PAGE 2 ) SYRUP (PAGE 4 ) WHIPPED CREAM (PAGE 16 )</p>	<p><b>VOLUME:</b> NUMBER AND SIZE, DIAMETER OF PANCAKE; SHAPE AND DIMENSIONS OF WAFFLES</p>

# BEVERAGES & MEAL REPLACEMENTS



NAME OF FOOD  
**COFFEE  
HOT & ICED**

DESCRIBE ITEM BY ANSWERING:  
**TYPE:** MADE FROM GROUND, INSTANT, SUBSTITUTE (e.g., POSTUM),  
POWDERED MIX WITH SWEETENER AND/OR WHITENER INCLUDED ?  
**PREPARATION:** CAFFEINATED OR DECAFFEINATED ?  
**BRAND NAME ?**  
**ADDITIONS:** (REPORT SEPARATELY)  
CREAM/MILK/WHITENER (PAGE 16 )  
SWEETENER (PAGE 5 )

REPORT AMOUNT DRUNK IN:  
**VOLUME:** CUP, FL.OZ  
**WEIGHT:** INDIVIDUAL PACKET

**TEA  
HOT & ICED**

**FORM:** BAG, LOOSE LEAVES, INSTANT, FROZEN, CONCENTRATE,  
PURCHASED READY-TO-DRINK ?  
**FLAVOR:** MINT, SPICE, LEMON, HERB ?  
**PREPARATION:** CAFFEINATED OR DECAFFEINATED ?  
PRESWEETENED WITH SUGAR, LOW CALORIE SWEETENER  
OR UNSWEETENED ?  
**BRAND NAME ?**  
**ADDITIONS:** (REPORT SEPARATELY)  
CREAM/MILK/WHITENER (PAGE 16 )  
SWEETENER (PAGE 5 )

**VOLUME:** CUP, FL.OZ  
**WEIGHT:** INDIVIDUAL PACKET

# BEVERAGES & MEAL REPLACEMENTS

NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT DRUNK IN:
<b>MILK</b>	<p><b>TYPE:</b> COW'S, GOAT'S, SOY ?</p> <p><b>PREPARATION:</b> WHOLE, LOW FAT (1%, 2%), SKIM ?</p> <p><b>FORM:</b> FLUID, DRY, EVAPORATED, CONDENSED ? IF DRY --RECONSTITUTED OR NOT RECONSTITUTED ? IF EVAPORATED OR CONDENSED --DILUTED OR NOT DILUTED ?</p> <p><b>BRAND NAME ?</b></p>	<b>VOLUME:</b> TSP, TBSP, CUP, FL.OZ
<b>FLAVORED MILK DRINKS</b> (Malted Milk, Hot Chocolate, Strawberry Milk)	<p><b>TYPE:</b> MALTED MILK, COCOA, HOT CHOCOLATE, CHOCOLATE MILK, STRAWBERRY MILK ?</p> <p><b>PREPARATION:</b> MADE WITH WHOLE/LOW FAT/SKIM MILK ? FROM DRY MIX, READY-TO-DRINK, HOME RECIPE ?</p> <p>IF DRY MIX -- MADE WITH WATER OR MILK (WHOLE/LOWFAT/SKIM)? PRESWEETENED WITH SUGAR, LOW CALORIE SWEETENER OR UNSWEETENED ?</p> <div data-bbox="485 692 1341 828" style="border: 1px solid black; padding: 5px;"><p><b>IF HOME RECIPE:</b></p><ol style="list-style-type: none"><li>1. LIST INGREDIENTS SEPARATELY</li><li>2. AMOUNT OF EACH INGREDIENT IN RECIPE, AND</li><li>3. TOTAL AMOUNT THE RECIPE MADE</li></ol></div> <p>IF MALTED MILK -- FORTIFIED OR UNFORTIFIED ?</p> <p><b>BRAND NAME ?</b></p>	<b>VOLUME:</b> TSP, TBSP, CUP, FL.OZ
<b>MILK SHAKES</b>	<p><b>TYPE:</b> FROM FOUNTAIN, THICK CARRY-OUT, HOME RECIPE ?</p> <p><b>FLAVOR :</b> CHOCOLATE OR NOT CHOCOLATE ?</p> <p><b>PREPARATION:</b></p> <div data-bbox="485 1161 1341 1297" style="border: 1px solid black; padding: 5px;"><p><b>IF HOME RECIPE:</b></p><ol style="list-style-type: none"><li>1. LIST INGREDIENTS SEPARATELY</li><li>2. AMOUNT OF EACH INGREDIENT IN RECIPE, AND</li><li>3. TOTAL AMOUNT THE RECIPE MADE</li></ol></div> <p><b>BRAND NAME ?</b></p>	<b>VOLUME:</b> TSP, TBSP, CUP, FL.OZ

NAME OF FOOD	DESCRIBE ITEM BY ANSWERING:	REPORT AMOUNT DRUNK IN:
<b>CREAM</b>	<p><b>TYPE:</b> LIGHT, HEAVY, HALF &amp; HALF, SUBSTITUTE ?</p> <p><b>FORM:</b> FLUID, POWDERED, CANNED, FROZEN ?</p> <p><b>PREPARATION:</b> WHIPPED ? SWEETENED ?  <b>IF POWDERED</b> - - RECONSTITUTED OR NOT RECONSTITUTED ?</p> <p><b>BRAND NAME ?</b></p>	<b>VOLUME:</b> TSP, TBSP, CUP, FL.OZ
<b>JUICES, NECTARS</b>	<p><b>TYPE:</b> FRUIT, VEGETABLE ?</p> <p><b>FLAVOR:</b> SPECIFY (e.g., ORANGE, CARROT)</p> <p><b>FORM:</b> FRESH, FROZEN, CONCENTRATE, CANNED, BOTTLED ?</p> <p><b>PREPARATION:</b> SWEETENED WITH SUGAR , LOW CALORIE  SWEETENER OR UNSWEETENED ?</p> <p><b>BRAND NAME ?</b></p>	<b>VOLUME:</b> CUP, FL.OZ
<b>FRUIT DRINKS, ADES, PUNCHES</b>	<p><b>FLAVOR:</b> SPECIFY</p> <p><b>FORM:</b> POWDERED, READY-TO-DRINK, FROZEN CONCENTRATE ?</p> <p><b>PREPARATION:</b> VITAMIN C ADDED ?  PRESWEETENED WITH SUGAR, LOW CALORIE SWEETENER  OR UNSWEETENED ?</p> <p><b>IF POWDERED OR FROZEN CONCENTRATE</b> - - RECONSTITUTED  OR NOT RECONSTITUTED ?</p> <p><b>BRAND NAME ?</b></p>	<b>VOLUME:</b> CUP, FL.OZ (WITHOUT ICE)

# BEVERAGES & MEAL REPLACEMENTS

<u>NAME OF FOOD</u>	<u>DESCRIBE ITEM BY ANSWERING:</u>	<u>REPORT AMOUNT DRUNK IN:</u>
<b>SODAS</b>	<b>NAME:</b> COLA, FRUIT, PEPPER, ROOT BEER, GINGER ALE, 7-UP ? <b>PREPARATION:</b> REGULAR OR DECAFFEINATED ? SWEETENED WITH SUGAR OR LOW CALORIE SWEETENER (SUGAR FREE) ? <b>BRAND NAME ?</b>	<b>VOLUME:</b> CUP, FL.OZ (WITHOUT ICE) SIZE OF BOTTLE OR CAN AND AMOUNT CONSUMED
<b>ALCOHOLIC BEVERAGES</b> Beer Wine Liquor	<b>TYPE:</b> BEER – REGULAR, LIGHT ? WINE – DRY, SWEET, LIGHT ? LIQUOR – KIND ? (e.g., GIN) MIXED DRINK OR COCKTAIL – NAME AND INGREDIENTS ? <b>BRAND NAME ?</b>	<b>VOLUME:</b> CUP, FL.OZ (WITHOUT ICE) <b>IF MIXED DRINK</b> - - NUMBER OF DRINKS AND FL.OZ OF INGREDIENTS
<b>MEAL REPLACEMENTS, PROTEIN SUPPLEMENTS</b>	<b>TYPE:</b> INSTANT BREAKFAST, PROTEIN SUPPLEMENT ? <b>MAIN INGREDIENT:</b> MILK BASE, SOY BASE, GELATIN BASE, (CHECK LABEL ON PACKAGE) <b>FLAVOR ?</b> <b>PREPARATION:</b> FLUID, CANNED, FROM POWDER (MIXED WITH MILK, WATER, JUICE – REPORT AMOUNTS SEPARATELY) ? <b>BRAND NAME ?</b>	<b>VOLUME:</b> CUP, FL.OZ FOR POWDER ONLY: TBSP, PACKET, SCOOP <b>WEIGHT:</b> OZ - - FOR CANNED PRODUCTS OR POWDER <u>ONLY</u>

# BABY FOODS



**NAME OF FOOD**  

---

**FORMULAS**

**DESCRIBE ITEM BY ANSWERING:**  

---

**BRAND NAME ?**  
**TYPE:** WITH OR WITHOUT IRON ?  
**PREPARATION:** ACCORDING TO DIRECTIONS ?  
(IF NOT, SPECIFY)

**REPORT AMOUNT EATEN IN:**  

---

**VOLUME:** TSP, TBSP, CUP, FL. OZ

**DRY  
CEREALS**

**TYPE:** BARLEY, RICE, OATMEAL WITH FRUIT ?  
**BRAND NAME ?**  
**ADDITIONS:** (REPORT SEPARATELY)  
FORMULA (PAGE 17 )  
MILK (PAGE 16 )  
FRUIT (PAGE 9 )

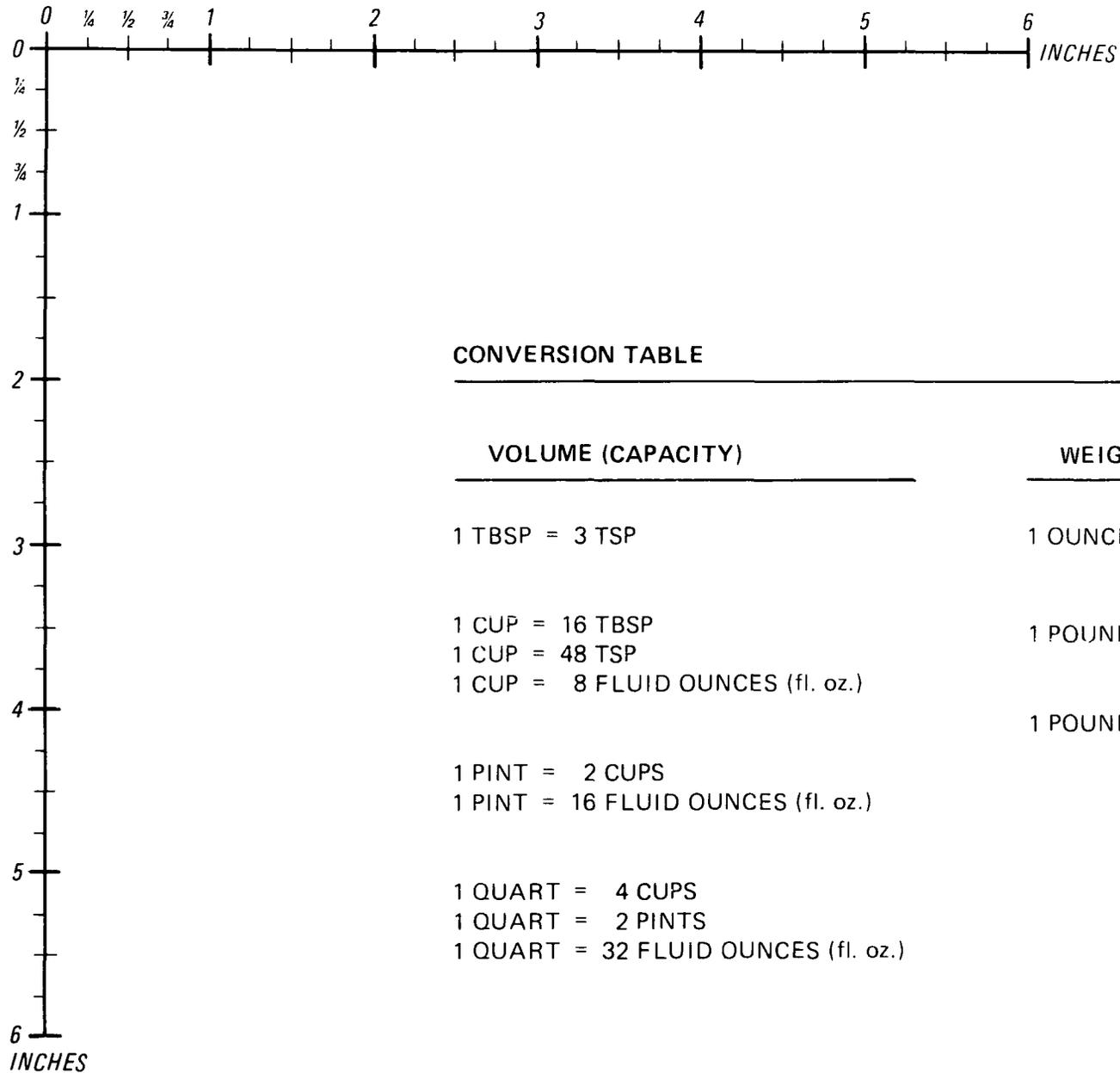
**VOLUME:** TSP, TBSP  

**REPORT DRY VOLUME ONLY**

**JARRED FOODS**

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

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



**CONVERSION TABLE**

---

**VOLUME (CAPACITY)**

---

1 TBSP = 3 TSP

1 CUP = 16 TBSP

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

NAME	PAGE No.	CATEGORY
ALE.....	17	ALCOHOLIC BEVERAGES
ARTIFICIAL SWEETENERS.....	5	SUGAR SUBSTITUTES
BACON.....	7	MEATS
BEANS.....	9	VEGETABLES
BEEF STEW.....	7	MIXTURES
BISCUITS.....	14	BREADS
BOILED, PRESSED HAM.....	8	LUNCH MEATS
BOLOGNA.....	8	LUNCH MEATS
BREAKFAST BARS.....	11	DESSERTS
BREAKFAST LINKS, SAUSAGES....	7	MEATS
BURRITOS.....	7	MIXTURES
CASSEROLES.....	7	MIXTURES
CHEESEBURGERS.....	7, 5	MEATS, SANDWICHES
CHEESE SPREAD.....	10	CHEESE
CHICKEN CACCIATORE.....	7	MIXTURES
COCOA.....	16	MILK DRINKS
COLD CUTS.....	8	LUNCH MEATS
COLESLAW.....	6	SALADS
CORNBREAD.....	14	SWEET BREADS
COTTAGE CHEESE.....	10	CHEESE
CREAM CHEESE.....	10	CHEESE
CROISSANTS.....	14	BREADS
CROUTONS.....	13	BREADS
DANISH PASTRY.....	14	SWEET BREADS
DRIED FRUIT.....	9	FRUITS
EGG ROLLS.....	7	MIXTURES
EGG SALAD.....	6	SALADS
ENCHILADAS.....	7	MIXTURES
FAST FOOD ITEMS.....	5	SANDWICHES
FLAPJACKS.....	15	PANCAKES
FRENCH TOAST.....	15	PANCAKES
FRIED RICE.....	7	MIXTURES
FRITTERS.....	7	MIXTURES
FROZEN YOGURT.....	11	YOGURT
FRUIT SALAD.....	6	SALADS
GRANOLA BARS.....	11	DESSERTS
HAMBURGERS.....	7, 5	MEATS, SANDWICHES

NAME	PAGE No.	CATEGORY
HOT CHOCOLATE.....	16	MILK DRINKS
HOT DOGS.....	7	MEATS
ICE FRUIT.....	13	DESSERTS
JELLO.....	12	DESSERTS
JUICES.....	16	BEVERAGES
KETCHUP.....	2	CONDIMENTS
LUNCH MEAT.....	8	MEATS
MACARONI.....	14	PASTA
MACARONI AND CHEESE.....	7	MIXTURES
MARGARINE.....	2	SPREADS
MILK SHAKES.....	16	BEVERAGES
MIXED VEGETABLES.....	9	VEGETABLES
MUFFINS.....	14	SWEET BREADS
MUSTARD.....	2	CONDIMENTS
NECTARS.....	16	BEVERAGES
NOODLES.....	14	PASTA
PICKLES.....	9	VEGETABLES
POPSICLES.....	13	ICE FRUITS
POTATO SALAD.....	6	SALADS
PUDDING.....	12	DESSERTS
PUDDING POPS.....	12	DESSERTS
QUICK BREADS.....	14	SWEET BREADS
RAISINS.....	9	DRIED FRUITS
RELISH.....	2	CONDIMENTS
SALAMI.....	8	LUNCH MEATS
SAUSAGE.....	7	MEATS
SNACK CAKES.....	12	DESSERTS
SODA/SOFT DRINKS.....	17	BEVERAGES
SOUFFLES.....	7	MIXTURES
SOUR CREAM.....	16	CREAM
SPAGHETTI & MEATBALLS.....	7	MIXTURES
STUFFING.....	14	BREADS
TACOS.....	7	MIXTURES
TUNA NOODLE CASSEROLE.....	7	MIXTURES
TUNA SALAD.....	6	SALADS
TURKEY ROLL.....	8	LUNCH MEAT
WHIPPED CREAM/TOPPING.....	16	CREAM