

The structured format of 7-day food record is reported below for the first day. The model is repeated for 7 days.

Name and surname: _____ CODE: _____

DATE: _____ DAY OF THE WEEK: _____

DAY 1

Before breakfast:

<u>Time</u>	<u>Place</u>	<u>DESCRIPTION OF FOODS/DRINKS AND PREPARATION</u>	<u>QUANTITY (as precise as possible)</u>

Breakfast:

<u>Time</u>	<u>Place</u>	<u>DESCRIPTION OF FOODS/DRINKS AND PREPARATION</u>	<u>QUANTITY (as precise as possible)</u>

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DAY 1

During the morning:

<u>Time</u>	<u>Place</u>	<u>DESCRIPTION OF FOODS/DRINKS AND PREPARATION</u>	<u>QUANTITY (as precise as possible)</u>

Lunch:

<u>Time</u>	<u>Place</u>	<u>DESCRIPTION OF FOODS/DRINKS AND PREPARATION</u>	<u>QUANTITY (as precise as possible)</u>

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DAY 1

During the afternoon:

<u>Time</u>	<u>Place</u>	<u>DESCRIPTION OF FOODS/DRINKS AND PREPARATION</u>	<u>QUANTITY (as precise as possible)</u>

Dinner:

<u>Time</u>	<u>Place</u>	<u>DESCRIPTION OF FOODS/DRINKS AND PREPARATION</u>	<u>QUANTITY (as precise as possible)</u>

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DAY 1

After dinner:

<u>Time</u>	<u>Place</u>	<u>DESCRIPTION OF FOODS/DRINKS AND PREPARATION</u>	<u>QUANTITY (as precise as possible)</u>

During the night:

<u>Time</u>	<u>Place</u>	<u>DESCRIPTION OF FOODS/DRINKS AND PREPARATION</u>	<u>QUANTITY (as precise as possible)</u>

Note (es: recipes)
