DATE:		

## 24 Hour Food Recall

- FORM-

FIRST N	AME/ LA	AST NAME	 	
DATE O	F BIRTH	:		
SEX:	F	M		
HEIGHT	:			
WEIGHT	·			

At the first appointment subjects were each given three identical forms for tracking food and beverage consumption for the past 24 hours. The first two forms refer to weekdays and the third one to weekend days. All subjects were informed by the researcher via text message/e-mail about filling in the form for the day before so they don't subconsciously alter their usual diet habits. The form itself is constructed as a table for the sake of simplicity and transparency. Table is divided into four main parts: BREAKFAST, LUNCH, DINNER and SNACK. Each meal involves food and beverages. Meals are divided into: FRUIT (fresh / dry); VEGETABLES (fresh / frozen / cooked / baked); DAIRY PODUCTS (milk / cheese / yogurt); MEAT (white meat /red meat /fish / processed meat products); CARBS (bread / pasta / bagels / potatoes/ rice); CEREALS (oats /corn cereal / sweetened cereal); BEVERAGES (water / mineral water / coffee / coffee with milk/ tea / natural juice / soda / alcohol); SWEETS (chocolate / chips / cookies / cake); NUTS (almonds / hazelnuts / walnuts). Method of preparation and portion sizes were taken into consideration depending on the type of food. The subject fills the table in such way as he/she places a plus/tick symbol in the places provided for it in accordance with what he/she consumed that day and how it was prepared. After each meal there is a section called COMMENT where it is necessary to emphasize whether the subject was taking any dietary supplement or anything that could significantly affect or alter nutrient intake that day. If not present in the table, what was consumed can also be written in this section. If any of the meals are skipped also indicate.

\*Portion sizes are described as: <u>small</u> (1/2 of a cup / slice / piece); <u>medium/normal</u> (cup / slice / piece); <u>large</u> (2 cups / slices / pieces).

\*\*Way of consumption (dairy products / nuts): <a href="mailto:separately">separately</a> – a cup of milk, a piece of cheese, a handful of almonds; <a href="mailto:as part">as part</a> – cereals with milk, sandwich with ham and cheese, cereals with nuts.

WAY OF PORTION SIZE CONSUMPTION DAIRY PRODUCTS Mediu DIVISION Separately Small As part Large Cheese Milk Yoghurt PREPARATION PORTION SIZE Mediu **DIVISION** Raw Cooked Baked Fried Small Large m White meat Red meat Fish Meat products PORTION SIZE PREPARATION Mediu DIVISION Cooked Baked Fried Small Raw Large CARBOHYDRATES m Bread Bagels BREAKFAST Pasta Potatoes Rice PORTION SIZE PREPARATION Mediu Large DIVISION Fresh Dried Small m FRUIT Apple/Pear Banana Berries PORTION SIZE PREPARATION Mediu DIVISION Cooked baked Fresh Small Frozen Large m VEGETABLES Legumes Tuberous/Roots Cabbage Bulbs Pumpkins PORTION SIZE CEREALS DIVISION Medium Small Large Oats Corn

		Sweetened							
				WAY OF CONSUMPTION		PORTION SIZE			
	TS	DIVISION	Separately	As part	Small	Medium	Large		
	NUTS	Almonds							
		Hazelnuts							
		Walnuts							
		DIVISION	Glass/cup	2x	3x	5x	More than 5x		
		Water							
	S	Mineral water							
	AGE	Coffee							
	BEVERAGES	Coffee with milk							
	BE	Tea							
		Fresh natural							
		juice							
		Soda							
		Alcohol							

COMMENT:		

				PREPARA	TION		POR	TION SIZE	
		DIVISION	Raw	Cooked	Baked	Fried	Small	Medium	Large
	MEAT	White meat							
	Σ	Red meat							
		Fish							
				PREPARA	TION		POR	TION SIZE	ı
	ES	DIVISION	Raw	Cooked	Baked	Fried	Small	Medium	Large
	RAT	Bread							
Ħ	HYD	Bagels							
LUNCH	CARBOHYDRATES	Pasta							
17	CAI	Potatoes							
		Rice							
				PREPARA	TION		PORTION SIZE		
		DIVISION	Fresh	Frozen	Cooked	baked	Small	Medium	Large
	BLES	Legumes							
	VEGETABLES	Tuberous/Roots							
	/EGI	Cabbage							
		Bulbs							
		Pumpkins							

					AMOUNT	Γ	<b>-</b>	
	BEVERAGES	DIVISION	Glass/cup	2x	3x	5x	More than 5x	
		Water						
		Mineral water						
		Coffee						
	VER	Coffee with milk						
	BE	Tea						
		Fresh natural juice						
		Soda						
		Alcohol						
			PO	RTION SIZI	Ē			
		DIVISION	1x	2x	3x			
	JPS	Chicken						
	SOUPS	Beef						
		Veggie						
		Cream						

COMMENT:	

	TS			WAY OF CONSUMPTION		PORTION SIZE				
	OUC	DIVISION	Separately	As part	Small	Medium	Large			
	ROI	Cheese								
	DAIRY PRODUCTS	Milk								
	DAI	Yoghurt								
			PREPARATION PO					RTION SIZE		
VER	-	DIVISION	Raw	Cooked	Baked	Fried	Small	Medium	Large	
DINNER		White meat								
	MEAT	Red meat								
	2	Fish								
		Meat products								
	ЭR			PREPARA	TION		POR	TION SIZE		
	ВОНУІ	DIVISION	Raw	Cooked	Baked	Fried	Small	Medium	Large	
	CARBOHYDR	Bread								
	CA	Bagels								

	Pasta							
	Potatoes							
	Rice							
		PREPAR	ATION		PORTION	SIZE		
	DIVISION	Fresh	Dried	Small	Medium	Large		
TIC	Apple/Pear							
FRUIT	Banana							
	Berries							
			PREPARA	ATION		PORT	ION SIZE	
	DIVISION	Fresh	Frozen	Cooked	Baked	Small	Medium	Large
ES	Legumes							
VEGETABLES	Tuberous/Roots							
GET	Cabbage							
VE	Bulbs							
	Pumpkins							
		PO	RTION SIZE	E				
	DIVISION	Small	Medium	Large				
CEREALS	Oats							
CERI	Corn							
	Sweetened							
				AMOUN'	Т			
	DIVISION	Glass/cup	2x	3x	5x	More than 5x		
	Water							
ES	Mineral water							
RAG	Coffee							
BEVERAGES	Coffee with milk							
B	Tea							
	Fresh natural juice							
	Soda							
	Alcohol							

COMMENT:		

			WAY OF CO	NSUMPTION	PORTION SIZE		
CK	$^{\mathrm{LS}}$	DIVISION	Separately	As part	Small	Medium	Large
SNA	NU	Almonds					
		Hazelnuts					

	Walnuts					
		WAY OF CO	NSUMPTION		PORTION SIZI	E
	DIVISION	Fresh	Dried	Small	Medium	Large
Γ.	Apple/Pear					
FRUIT	Banana					
E	Berries					
	Citrus					
			PORTION SIZE			
	DIVISION	Small	Medium	Large		
S	Chocolate					
SWEETS	Chips					
SV	Cookies					
	Cake					
				AMOUNT		
	DIVISION	Glass/cup	2x	3x	5x	More than 5x
	Water					
S	Mineral water					
AGE	Coffee					
BEVERAGES	Coffee with milk					
BE	Tea					
	Fresh natural juice					
	Soda					
	Alcohol					

COMMENT:	