

DATE: \_\_\_\_\_

## 24 Hour Food Recall

- FORM-

FIRST NAME/ LAST NAME \_\_\_\_\_

DATE OF 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 PRODUCTS** (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: small (1/2 of a cup / slice / piece); medium/normal (cup / slice / piece); large (2 cups / slices / pieces).

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

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

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

COMMENT:

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LUNCH	MEAT		PREPARATION				PORTION SIZE		
		DIVISION	Raw	Cooked	Baked	Fried	Small	Medium	Large
		White meat							
		Red meat							
		Fish							
	CARBOHYDRATES		PREPARATION				PORTION SIZE		
		DIVISION	Raw	Cooked	Baked	Fried	Small	Medium	Large
		Bread							
		Bagels							
		Pasta							
		Potatoes							
		Rice							
	VEGETABLES		PREPARATION				PORTION SIZE		
		DIVISION	Fresh	Frozen	Cooked	baked	Small	Medium	Large
		Legumes							
		Tuberous/Roots							
		Cabbage							
		Bulbs							
		Pumpkins							

		_____							
	BEVERAGES		AMOUNT						
		DIVISION	Glass/cup	2x	3x	5x	More than 5x		
		Water							
		Mineral water							
		Coffee							
		Coffee with milk							
		Tea							
		Fresh natural juice							
		Soda							
		Alcohol							
	SOUPS		PORTION SIZE						
		DIVISION	1x	2x	3x				
		Chicken							
		Beef							
		Veggie							
		Cream							

COMMENT:

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DINNER	DAIRY PRODUCTS		WAY OF CONSUMPTION		PORTION SIZE				
		DIVISION	Separately	As part	Small	Medium	Large		
		Cheese							
		Milk							
		Yoghurt							
		_____							
	MEAT		PREPARATION				PORTION SIZE		
		DIVISION	Raw	Cooked	Baked	Fried	Small	Medium	Large
		White meat							
		Red meat							
		Fish							
		Meat products							
		_____							
	CARBOHYDRATES		PREPARATION				PORTION SIZE		
		DIVISION	Raw	Cooked	Baked	Fried	Small	Medium	Large
		Bread							
		Bagels							

		Pasta							
		Potatoes							
		Rice							
	FRUIT		PREPARATION		PORTION SIZE				
		DIVISION	Fresh	Dried	Small	Medium	Large		
		Apple/Pear							
		Banana							
		Berries							
		_____							
	VEGETABLES		PREPARATION				PORTION SIZE		
		DIVISION	Fresh	Frozen	Cooked	Baked	Small	Medium	Large
		Legumes							
		Tuberous/Roots							
		Cabbage							
		Bulbs							
		Pumpkins							
		_____							
	CEREALS		PORTION SIZE						
		DIVISION	Small	Medium	Large				
		Oats							
		Corn							
		Sweetened							
		_____							
	BEVERAGES		AMOUNT						
		DIVISION	Glass/cup	2x	3x	5x	More than 5x		
		Water							
		Mineral water							
		Coffee							
		Coffee with milk							
		Tea							
		Fresh natural juice							
		Soda							
		Alcohol							

COMMENT:

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SNACK	NUTS		WAY OF CONSUMPTION		PORTION SIZE		
		DIVISION	Separately	As part	Small	Medium	Large
		Almonds					
		Hazelnuts					

		Walnuts					
		_____					
	FRUIT		WAY OF CONSUMPTION		PORTION SIZE		
		DIVISION	Fresh	Dried	Small	Medium	Large
		Apple/Pear					
		Banana					
		Berries					
		Citrus					
		_____					
		SWEETS		PORTION SIZE			
	DIVISION		Small	Medium	Large		
	Chocolate						
	Chips						
	Cookies						
	Cake						
	_____						
	BEVERAGES			AMOUNT			
		DIVISION	Glass/cup	2x	3x	5x	More than 5x
		Water					
		Mineral water					
		Coffee					
		Coffee with milk					
		Tea					
Fresh natural juice							
Soda							
Alcohol							

COMMENT:

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