

**Supplemental Figure. Food Diary Instructions and Design**

Researcher Initials \_\_\_\_\_ Subject # \_\_\_\_\_ Week \_\_\_\_\_ Date \_\_\_\_\_

## 24-HR DIETARY FOOD RECORD INSTRUCTIONS

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- 1 **All foods** consumed should be recorded.
- 2 **Be very specific.** Make sure you include:
  - the **type** of food
  - the **amount** of each food
  - the **preparation method** (i.e., fried, baked)
  - the **brand name** of the food (if applicable)
  - the **time** it was eaten
  - the restaurant you ate it at (i.e., Subway, Applebees, Red Robin)
- 3 Record food consumption **after each meal/snack** instead of waiting until the end of the day.
- 4 **Save labels** from packages of food you eat and return them with your food record forms (this will greatly assist and enhance our analysis of your true nutrient intake).
- 5 Use nutrient descriptors (e.g., low-fat, low-carb, fat-free, light, reduced calorie, etc.).
- 6 **Include miscellaneous items** such as condiments (ketchup, salad dressing, mayonnaise, jams, creams, sugar), and chewing gum.
- 7 Record all **vitamins, minerals, herbals, supplements** (powders, shakes, bars, etc.).
- 8 Be careful about “**amount**” we would like these values as specific as possible. For packaged food providing “1 serving” is adequate, for homemade food please use standard measuring cups and spoons, weights and/or volumes. Examples: cup (c), Tablespoon (Tbs), teaspoon (tsp), fluid ounces (fl oz), weight ounces (oz), inches (in), milliliter (mL), gram (g), or centimeter (cm).

**Date:** \_\_\_\_\_

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