NAME: _____ **24 Hour Food Recall** - *WI EFNEP*

Participant ID # _____

Your Nutrition Educator will go over a 5-step process that will help you remember what you ate & drank during the past 24 hours.

** Meal or Snack Time/Type:

M = Morning	A = Afternoon
MM = Mid-Morning	E = Evening
N = Noon	LE = Late Evening

Serving Abbreviations:

Tablespoon = TBS	Pound = lb
Cup = c	Ounce = oz
Teaspoon = tsp	Slice = sl

Meal or Snack Time/Type	Food or Beverage Item (Describe in detail) LIST ONE FOOD ITEM PER LINE	How or Where Prepared?	How Much? (Amount/size)
See above Enter M, MM, N, A, E, or LE	**List all foods including combination foods. For example, a meal that includes a taco would be:** **Corn tortilla** **Ground beef** **Lettuce** **Tomato** **Cheddar cheese** **Sour cream** **2% Milk**	**Such as:** *Baked* *Fried* *Fresh* *Broiled* *Grilled* *Boiled* *McDonald's*	**For the taco example it could be:** **1** **3 oz** **½ c** **¼ c** **2 oz** **1 TBS** **1 c**

If you need more lines...there's more on the back of this page

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Comments: