

MAR 19 2015 TO MAR 18 2016

**24-HOUR DIET RECORD**UNIVERSITY OF ILLINOIS AT CHICAGO  
INSTITUTIONAL REVIEW BOARD

NAME: \_\_\_\_\_ ID# \_\_\_\_\_

Write down everything that you eat and drink for \_\_\_\_\_ day(s) during the following time period:  
\_\_\_\_\_

Please include: \_\_\_\_\_ weekdays \_\_\_\_\_ weekend days

Choose days that are typical of your current eating habits.

**DIRECTIONS**

- Start with your first meal of the day. Record all foods, beverages, and supplements that you consume (except water) during the next 24 hours. Record the time of day that you consume each item.
- Record each item right after you consume it, rather than later in the day.
- If possible, list separately the different foods that compose one food item. *Example:* ham sandwich with ham, mayonnaise, and lettuce.
- If possible, specify the brand name, and how the item was prepared. *Example:* broiled, steamed, fried, poached, toasted, grilled, baked, or raw.
- If you eat at a restaurant, write the name of the restaurant.
- Include side items like gravy, jams, sauces, salads dressing, butter, margarine, sugar, and milk on cereal. Include alcohol-containing beverages.
- YOU MAY HAVE WATER on the evening prior to and the morning of your visits! Water is actually encouraged. Do not consume flavored, or carbonated water on the evening prior to or on the morning of your Glucose Tolerance Test.
- Describe amounts as accurately as possible. Record amounts in terms of dimensions, weight, or portion size. See below for some tips:

**Meats, poultry and fish***Record in ounces, or measure the dimensions.**Example:* Beef, 3 oz.*Example:* Beef, 1 piece, 2" x 3" x 1"**Beverages***Record in fluid ounces or measuring cup sizes.**Example:* Cola, 12 oz. can*Example:* Coffee, 1 cup**Cereals, fats, & many snack items***Record in ounces, or in measuring cup or measuring spoon sizes.**Example:* Cole slaw, 1/2 cup*Example:* Margarine, 1 tsp.**Fruits and vegetables***Record in number of items or in measuring cup sizes.**Example:* Cole slaw, 1/2 cup*Example:* Apple, 1 item.

