

# NutriAdmin

## 24-Hour Dietary Recall

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### Instruction

1. Recall all foods and beverages consumed over the past 24 hours, starting from 12:00AM-11:59PM yesterday.
2. Include all meals, snacks, and beverages consumed, including water, tea, coffee, and alcoholic beverages.
3. Do your best to remember and accurately report the types and quantities of foods eaten, including brand names if possible.

### Detailed Reporting

1. Begin with the first meal or snack consumed after waking up yesterday and proceed chronologically.
2. For each item, provide as much detail as possible, including the type of food or beverage, brand name, cooking method, portion size, and any added condiments or toppings.
3. Estimate portion sizes using household measures (e.g., cups, tablespoons) or visual aids (e.g., comparing to common objects).
4. Be specific about ingredients and preparation methods, especially for mixed dishes and homemade meals.
5. Note any occasions where you ate out at restaurants or received food from external sources.

**NOTE:** There would be no judgement whether you're "eating healthy" or not.

You can use the image below as a guide for portion sizes:

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<https://nutriadmin.com/blog/24-hour-diet-recall-questionnaire/>



*\*Based on eatright.org , Serving Size vs Portion Size: Is There a Difference?*

## Example:

### BREAKFAST

- 2 Slices White Bread
- 1 Tablespoon Peanut Butter (Brand X, smooth)
- 1 Tablespoon Strawberry Jam (homemade, no sugar)
- 1 Glass Low Fat Milk
- 1 Glass Water

### AM SNACKS

- 1/2 cup trail mix (Brand A)
- 1 glass water

### LUNCH

- 1 cup white rice
- 1 slice Roasted Chicken
- 1/4 cup lettuce
- 1/4 cup cherry tomatoes
- 2 tablespoons Caesar Salad Dressing (Brand Z)
- 1 Glass Water

### PM SNACKS

- 1 cup coffee with 1/4 cup low fat milk, no sugar

### DINNER

- Did not consume anything

	<b>FOODS AND BEVERAGES CONSUMED</b>	<b>TIME</b>
<b>Breakfast</b>		
<b>Lunch</b>		
<b>Dinner</b>		
<b>Drinks</b>		
<b>AM Snacks</b>		
<b>PM Snacks</b>		
<b>Late Night Snacks</b>		
<b>Other</b>		