## 24-Hour Recall/Usual Diet Form

| Name: | Date |  | Day of the Week |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  | Am | from Ea | Group |  |  |
| Food and Drink Consumed | Milk | Meat | Fruit | Veggie | Grain | Oil | Disc ${ }^{\text {a }}$ |
| Name \& Type |  |  |  |  |  |  |  |
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| TOTALS |  |  |  |  |  |  |  |
| MyPyramid Recommendations for 2000 Calories ${ }^{\text {b }}$ | 3 c | $51 / 202$ | 2 c | $21 / 2 \mathrm{c}$ | $6 \mathrm{oz}^{\text {c }}$ | 6 tsp | $\begin{gathered} \leq 267 \\ \text { calories } \end{gathered}$ |
| EVALUATION ${ }^{\text {c }}$ |  |  |  |  |  |  |  |
| ${ }^{2}$ Discretionary calories <br> ${ }^{\text {b }}$ These are approximations for a general evaluation of food intake for an adult. Exact amounts of food groups vary according to gender, age, and activity level. See www.mypyramid.gov for a customized food guide. <br> ${ }^{\text {cAt least }} 3$ servings of whole grains should be eaten each day. <br> ${ }^{d}$ Evaluation: $\mathbf{L}=$ low $\quad \mathbf{A}=$ adequate $\quad \mathbf{E}=$ excessive |  |  |  |  |  |  |  |

## Food Group Serving Sizes

## Serving Sizes and MyPyramid Recommendations

| BREADS, CEREALS, AND OTHER GRAIN PRODUCTS |  |
| :---: | :---: |
| What counts as 1 ounce of grains? <br> 1 slice bread <br> $1 / 2$ c cooked cereal, rice, or pasta <br> 1 c ready-to-eat cereal | $1 / 2$ bun, bagel, or Englishmuffin 1 small roll, biscuit, or muffin 3 to 4 small or 2 large crackers |
| VEGETABLES |  |
| What counts as 1 cup of vegetables? <br> 1 cup of raw or cooked vegetables or vegetable juice <br> 2 cups of raw leafy greens <br> 1 cup cooked dry beans and peas <br> (such as pinto beans or split peas) | 1 cup tofu <br> 1 medium baked potato, 20French fries |
| FRUITS |  |
| What counts as 1 cup of fruit? <br> 1 cup of fruit or $100 \%$ fruit juice $1 / 2$ cup of dried fruit <br> 1 large banana, orange, peach | 1 small apple 1 medium pear, grapefruit 32 seedless grapes |
| MEAT, POULTRY, FISH, AND ALTERNATES |  |
| What counts as 1 ounce of meat or me <br> 1 ounce of meat, poultry or fish $1 / 4$ cup cooked dry beans, 1 falafel almonds, patty ( $21 / 4^{\prime \prime}, 4 \mathrm{oz}$ ) <br> 1 egg <br> 12 Tbsp. hummus | ? <br> 1 tablespoon of peanut butter $1 / 2$ ounce of nuts or seeds (12 <br> 24 pistachios, 7 walnut halves) $1 / 4$ cup (about 2 ounces) of tofu, <br> 1 oz tempeh, cooked |
| MILK, YOGURT, AND, CHEESE |  |
| What counts as 1 cup of milk? 1 c milk or yogurt 2 oz process cheese food cheese $11 / 2$ oz cheese | 1/3 C shredded cheese 2 slices Swiss |
| OILS |  |
| What counts as 1 teaspoon of oil? <br> 1 teaspoon vegetable oil (soy, corn, dressing, peanut, and sesame) $11 / 4$ teaspoon mayonnaise | 1 tablespoon mayonnaise type Italian dressing <br> 8 large canned olives |
| FATS, SWEETS, AND ALCOHOLIC BEVERAGES |  |
| - Foods high in fat include margarin cheese, butter, gravy, sauces, pota <br> - Foods high in sugar include cakes, fruit drinks, jelly, syrup, gelatin, de <br> - Alcoholic beverages include wine, | sing, oils, mayonnaise, sour cream, cream ocolate bars. <br> s, doughnuts, sweet rolls, candy, soft drinks, , and honey. <br> uor. |

