

Foods + Drinks	Meal or Snack B = Breakfast L = Lunch D = Dinner S = Snack	How much? c = cup lb = pound oz = ounce in = inch T = Tbsp = tablespoon t = tsp = teaspoon	Details Store bought, restaurant or homemade? Brand? How prepared: baked, boiled, broiled, pan fried, deep fried, sauteed, steamed, grilled, seared, roasted? With or without skin? Did you add: gravy, butter, sugar/sweetener, salt, dressing, seasonings? How much of each? Dairy: nonfat, 1%, 2%, whole? Carton, canned, powdered? Drink type: 100% juice, juice blend, flavored drink, sports drink, milk, water?
1	B L D S 2	3	4
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		

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1	B L D S 2	3	4
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		
	B L D S		

<p>Check</p>	<p>I reread my list of foods. <input type="checkbox"/></p> <p>I included all meals and snacks. <input type="checkbox"/></p> <p>5</p>
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Physical activity

- Less than 30 min.
- 30–60 min.
- More than 60 min.

Pregnant? Y N

Nursing? Y N

Monthly food costs \$

FOR STAFF

Educator _____

Data entry date _____

Participant ID _____

Townsend MS, Ganthavorn C, Johns M, Schneider C, Neelon M, Donohue S. **Food Tracker...What I Ate Yesterday, version 4 for FY 2014-15.** [Group-administered 24-hour Dietary Recall 5-step multipass form. As one component of outcome evaluation, this 4-page booklet uses color to guide low-literate EFNEP participants through the 5-step process and is used in conjunction with the EFNEP Food Description MINI and EFNEP Portion Size charts.] University of California Cooperative Extension. © 2014, Regents of the University of California. All Rights Reserved. Graphic designer: M Reed.

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United States Department of Agriculture

National Institute of Food and Agriculture



UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources



Food Tracker

What I ate yesterday

Name

Date / /

- Lesson 1 or 2
- Lesson 7 or 8



EFNEP | Expanded Food and Nutrition Education Program