

24 – HOUR DIET RECALL

PREPARATION

Interviewer: Let's pick any day of the week and discuss what you generally eat that day. Let's start from the time you wake for the day until the time you go back to sleep.

QUESTIONS

What time do you go to sleep? _____ Where do you sleep? _____

AVERAGE TIME. UNDERSTAND THE LINK TO CO-MORBIDITIES. EXAMPLE: SLEEPS IN CHAIR AND HAS EDEMA

What time do you wake for the day? _____ Hours of sleep each 24 hours? _____

What do you drink daily? _____ How much? _____ Water? _____

FOR CAFINATED DRINKS, COUNT HALF THE VOLUME. ENCOURAGE WATER.

Where in your home do you eat? _____

HELPS TO ASSESS ACTIVITY LEVEL. EXAMPLE: BED, CHAIR, LIVING ROOM, KITCHEN

What time is your first meal? _____

ANYTHING BUT WATER IS CALORIC INTAKE.

What do you have? _____

IF MULTIPLE ANSWERS, PICK 2 AND NOTE AVERAGE DAYS IN 1 WEEK FOR EACH.

_____ GRAMS OF PROTEIN _____

What time is your next meal?

MEALTIME HELPS TO ESTABLISH EATING HABITS. _____

What do you have? _____

_____ GRAMS OF PROTEIN _____

Snacks between 1st and 2nd meals?

IDENTIFY OPPORTUNITY FOR INCREASING PROTIN. _____ GRAMS OF PROTEIN _____

What time is your next meal? _____

What do you have? _____

_____ GRAMS OF PROTEIN _____

Snacks between 2nd and 3rd meals?

IDENTIFY OPPORTUNITY FOR INCREASING PROTIN. _____ GRAMS OF PROTEIN _____

What time is your next meal? _____

What do you have? _____

_____ GRAMS OF PROTEIN _____

Do you have snacks before bed?

SHOULD THEY HAVE A SNACK BEFORE BEDTIME? _____ GRAMS OF PROTEIN _____

Do you have a time at night when you stop eating?

IT IS IMPORTANT TO STOP EATING AT THE SAME TIME EACH NIGHT FOR DIABETICS _____

Protein sources: (meat, poultry, fish) = 6 grams per 1 oz, 1 egg = 6 grams, 1 egg white = 5 grams, (beans, grains, legumes) ½ cup = 6 grams, Quinoa ¼ cup = 6 grams, nuts, milk - 1 cup = 8 grams, Cheese - ¼ cup = 6 grams, yogurt - ½ cup = 8-12 grams, almond milk - 1 cup = 1 gram, whey powder

Portion Sizes: protein - 3 oz of meat = the palm of the hand or a deck of cards

Fluid Intake: 1 oz per 1 Kg of body weight per day

Protein: _____ Fluid: _____ Age: _____ Weight: _____ / _____ Height: _____
GRAMS OUNCES POUNDS KILOGRAMS INCHES
POUNDS / 2.2 = Kg

Use **The Roberts' Method of Modified BMI Weight for Protein Intake®** to figure daily requirements of protein

Daily Requirements

Current Daily Intake

Daily Intake Deficit

Protein: _____ Fluid: _____

Protein: _____ Fluid: _____

Protein: _____ Fluid: _____