

48 HOUR DIET RECALL

Please record everything your child ate and drank over the previous 2 days (i.e., yesterday and the day before yesterday; do NOT include today)

List each food/drink on a separate line, for example:

Breakfast	<i>Raisin bagel with butter</i>	<i>½ bagel</i>
	<i>1% milk</i>	<i>6 ounces</i>
	<i>Banana</i>	<i>1</i>

DAY #1

	Food or drink item	How much?
Breakfast		
Morning Snack		
Lunch		
Afternoon Snack		
Dinner		
Evening Snack		

TURN OVER TO CONTINUE



DAY #2

	Food or drink item	How much?
Breakfast		
Morning Snack		
Lunch		
Afternoon Snack		
Dinner		
Evening Snack		