**Unit 2 Assignment: Food Recall**

**Guidelines for your Personal 3-Day Food Recall**

You will need to record every single food item that you ingest over a 3-day period. **Choose 3 normal days of eating.** Be sure that the food intake is realistic. The more accurate this recall, the more you will learn about the nutrients you taking in.

Later in the course, you will be using the Food Focus 3.4 software program to identify, then analyze, your food intake. It is suggested that as you do this 3-day food recall, you should also view the Food Focus tutorial video to help you understand the type of information you will need to provide in order to determine accurate nutrient data for the nutrient analysis coming up soon!

It is very important to include as much information as possible about the foods you eat and the amounts of each. For example if you ate a big baked potato, with the skin, and added butter, record it as: 1 large baked potato, skin and flesh with 15 ml regular butter. Check the food labels and package information of the foods you eat during the recall period for information on suggested serving sizes and specific types. For example, cheese slices may be light and thin sliced—the number of grams per slice would be found on the wrapper/label. Don’t forget to include such things as butter on your toast, milk on cereal, dressing on salads, food bits in spaghetti sauce, etc. These items make a big difference in your overall food and nutrient intake.

 This Food Recall must be accurate before you begin collecting the nutrient data for analysis. Use a table such as the 1-day food recall example given below. For this task, however, **you will have 3 tables, one for each day**.

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| **Day 1 food items**  | **Specific amount of each item** | **Full description of food item** |
| Chocolate milk | 250 ml | 2% milk |
| Honey Nut Cheerios | 375 ml | Dry cereal, no milk added |
| Whole wheat bread, toasted | 2 slices | Commercially made |
| Peanut butter | 30 ml | Smooth, regular |
| Cold cuts sub sandwich | 6 inch whole wheat bun, 75 grams cold cuts, 125ml iceberg lettuce, 3 slices tomato, 30ml regular mayonnaise | Subway 6” cold cuts sub  |
| Mashed potatoes | 250 ml potato; 20 ml 2% milk; 10 g regular butter | Milk and butter added during preparation  |
| T-bone steak | 330 g beef; 15 ml BBQ sauce | BBQ’ed; sauce added |
| coffee | 1 cup | 15 ml 10% cream added |