

GUIDELINES FOR FILLING DIET RECALL SHEET

The diet recall sheet is an extremely crucial part of your nutrition assessment as it gives the nutritionist an approximate idea about your meal timings, eating pattern, dietary habit and forms the basis for all your recommendations. **Therefore, please try to be as accurate as possible with your food entries.**

Please note the following before you start filling the sheet-

1. All the foods/ meals (even ones eaten in small amounts) need to be entered in the table with the approximate time they were eaten.
2. Use standardization measuring terms like 1 cup, ½ cup, 1 bowl, ¾ bowl, 1 glass, tsp, tbsp etc to describe your portion sizes.
3. Please be specific with the name of the food and the quantity you ate. For example, if you ate a bowl a dal, mention the name of the dal (urad, moong, arhar, chana etc) along with the approximate size of the bowl (small, medium or large). Similarly, if you consumed a packaged food like biscuits, please mention the quantity/ pieces eaten along with the brand name of the food product.
4. Please do not alter your food intake during the course of filling the recall sheet, try to eat as you normally would.
5. Please ensure that you fill the sheet for all three days and if possible, the three days cover varying amount of activity and/or rest (for example a day where you regularly train/workout twice in the day, a day with only one training session and a rest day).
6. Do not forget to enter details about the amounts (in tsp/ tbsp) of foods such as:
 - Sugar/ malt-based powders like Horlicks or bournvita with milk/ tea/ coffee
 - Condiments used (ketchup, mayo, dressing sauce, butter, cheese etc)
 - Ghee on chapati or tadka on dals, if applicable.
7. If you consume alcohol, you would be required to mention its intake during the course of the three days, along with the specification of drink size and number of drinks.

Example of a diet recall entry-

1:30 pm
Lunch:

2 wheat chapati with $\frac{1}{2}$ tsp ghee on each + 1 bowl moong dal + $\frac{1}{2}$ bowl aloo gobi sabzi + 4-5 pieces of cucumber

For your reference-

Standard Measure	House Hold Measure
250 mL	Average medium sized glass (not completely filled)
1 cup (236 mL)	1 large bowl
$\frac{1}{2}$ cup (120 mL)	1 small bowl
1 tsp (5 mL)	1 small dessert spoon
1 tbsp (15 mL)	1 dining spoon