



48-Hour Diet Recall

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

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

Meal	Food or drink item	How much?
Breakfast	Raisin bagel with butter	1/2 bagel
	1% milk	6 ounces
	Banana	1

Day #1

Meal	Food or drink item	How much?
Breakfast	_____	_____
	_____	_____
	_____	_____
Morning snack	_____	_____
	_____	_____
	_____	_____
Lunch	_____	_____
	_____	_____
	_____	_____
Afternoon snack	_____	_____
	_____	_____
	_____	_____
Dinner	_____	_____
	_____	_____
	_____	_____
Evening snack	_____	_____
	_____	_____
	_____	_____

Day #2

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