**Nutrition Access**
**Food Record**

**For patient or caregiver**
Write down as accurately as possible what is eaten and how much is consumed each day.

**Serving size guide**
Here are some examples of one serving from each food group:
- **Bread:** One slice of bread or ½ cup (C) rice, pasta, or cooked cereal
- **Vegetable:** 1 C raw leafy greens or ½ C cooked vegetables
- **Fruit:** One apple or ½ C raw, canned, or cooked fruit
- **Milk:** 1 C milk or 1½ ounces (oz) cheese
- **Meat:** 2 to 3 oz cooked meat (about the size of a deck of cards), 1 egg, or ½ C beans

Do not forget to drink plenty of liquids, such as water, juices, and decaffeinated drinks. You should try to have eight glasses of liquids every day.

| **Date** | **Time** | **What did you eat/drink?** | **How much?** (list in cups, pieces, or slices) |
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