**Food Intake Record**

**For (date):**

Record the food that you have eaten today, starting with breakfast, then continue to record what you eat for the rest of the day. Try to be as accurate as possible with the type of food eaten and the amounts. List each food separately.

For example: a peanut butter and jelly sandwich would be listed as follows:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meal** | **Food** | **Amount** | **Food Group** | **Servings** |
| Lunch | *Peanut Butter* | *2 tablespoons* | *Meat* | *2* |
|  | *Jelly* | *2 tablespoons* | *FOS* | *2* |
|  | *Bread-white* | *2 slices* | *Breads, Cereals, Pasta* | *2* |
|  | *Milk* | *1 cup* | *Dairy* | *1* |
|  | *Apple* | *1 medium* | *Fruit* | *1* |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Meal** | **Food** | **Amount** | **Food Group** | **Servings** |
| Breakfast |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Lunch |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Dinner |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Snack |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**Peer Review Checklist**

Record your nutrient intake in the column title “Yours” using the SuperTracker Food

Tracker Nutrient Intake Report page.

Have your partner place a checkmark in the column title “Minimum Requirements”

if you met the minimum requirements.

|  |  |  |  |
| --- | --- | --- | --- |
| **Nutrient** | **Recommended** | **Yours** | **Minimum**  **Requirements** |
| Calories (kcal) | 2200 |  |  |
| Protein (g) | 50 g |  |  |
| Carbohydrates (g) | 300 g |  |  |
| Dietary Fiber(g) | 25 g |  |  |
| Total Fat(g) | No more than 30%  of total calories |  |  |
| Saturated Fat (g) | No more than 10%  of total calories |  |  |
| Cholesterol (mg) | 300 mg |  |  |
| Vitamin A (RE) | 700 RE |  |  |
| Vitamin C (mg) | 75 mg |  |  |
| Calcium (mg) | 1200 mg |  |  |
| Iron (mg) | 8 mg |  |  |
| Sodium (mg) | <=2400 mg |  |  |