

NUTRITIONAL ASSESSMENT OF DIETARY INTAKE

OMB No. 0701-0130
Expires: May 31, 1997

Public reporting burden for this collection of information is estimated to average 15 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to Department of Defense, Washington Headquarters Services, DIOR, 1215 Jefferson Davis Highway, Suite 1204, Arlington VA 22202-4302; and to OMB, Paperwork Reduction Project (0701-0130), Washington DC 20503. Please DO NOT RETURN your form to either of these addresses. Send your completed form to your local Nutritional Medicine Service.

PRIVACY ACT STATEMENT

AUTHORITY: 10 U.S.C. Chapter 55 and Section 8067 and 8013; and EO 9397.
PURPOSE: To evaluate each patient's diet which will form the basis for recommendations for dietary treatment by dietitians and certified/authorized diet counselors (diet therapists or health care providers).
ROUTINE USE: None.
DISCLOSURE IS VOLUNTARY: However, failure to provide information may limit the dietitian's ability to effect changes in patient's eating habits.

| | | | | | | |
|------------------------------------|-----|--------|----------------|---|------|-------------|
| NAME (Last, First, Middle Initial) | | | | SPONSOR'S SSN | | |
| SEX | AGE | HEIGHT | CURRENT WEIGHT | HAVE YOU HAD ANY RECENT WEIGHT CHANGES? | | |
| | | | | LOSS | GAIN | TIME PERIOD |

REASON FOR WEIGHT CHANGE

CIRCLE THE NUMBER OF SERVINGS YOU USUALLY EAT PER DAY FROM EACH FOOD GROUP

| FOOD GROUPS | SERVINGS |
|---|--------------------|
| MILK GROUP | |
| One serving is equal to: <i>(Circle type used)</i> | |
| 1 cup milk or yogurt (<i>skim, 1%, 2%, whole</i>) | |
| 1 1/2 ounces natural cheese | 0 1 2 3 4 5 6 More |
| 2 ounces of processed cheese | |
| 2 cups cottage cheese | |
| 1 1/2 cups ice milk or ice cream | |
| 1 cup frozen yogurt | |
| MEAT/PROTEIN GROUP | |
| One serving is equal to: | |
| 2-3 ounces meat, fish, poultry | |
| Count as one ounce of meat: | |
| 1 egg | 0 1 2 3 4 5 6 More |
| 1/2 cup cooked dried beans, lentils, split peas | |
| 2 Tbsp peanut butter | |
| 1/3 cup nuts | |
| FRUIT GROUP | |
| One serving is equal to: | |
| 1 medium piece of fruit | 0 1 2 3 4 5 6 More |
| 1/2 cup fresh or canned fruit | |
| 3/4 cup fruit juice | |
| VEGETABLE GROUP | |
| One serving is equal to: | |
| 1 cup raw, leafy vegetable | 0 1 2 3 4 5 6 More |
| 1/2 cup other vegetables, chopped raw or cooked | |
| 1/2 cup vegetable juice | |
| BREAD/CEREAL/RICE/PASTA GROUP | |
| One serving is equal to: | |
| 1 slice bread | |
| 1/2 bagel, hamburger/hot dog bun, or English muffin | 0 1 2 3 4 5 6 More |
| 3/4 cup dry, ready to eat cereal | |
| 1/2 cup cooked cereal, rice or pasta | |
| 1 small dinner roll, tortilla, or muffin | |
| 3 cups popped popcorn | |
| FATS/OILS | |
| 1 tsp salad dressings, mayonnaise | 0 1 2 3 4 5 6 More |
| 1 tsp butter, margarine, oil, etc. | |
| OTHER GROUP | |
| regular soda, candy, sugar, fruit-flavored beverage | 0 1 2 3 4 5 6 More |
| cakes, cookies, donuts, honey, etc. | |