

Factors Influencing Food Intake

Part I.

Yes	No	Items 1 through 13 check yes or no
	X (sometimes)	1. Has a Good appetite
X		2. Resides Alone
X (sometimes)		3. Prepares Own Food
X		4. Has Cooking facilities
X		5. Has refrigeration
X		6. Has adequate funds for food
X (sometimes)		7. Shops in supermarket for food
	X (not usually)	8. Buys dietetic/Health foods
X (sometimes)		9. Follows 3 meal pattern daily
X		10. Eats at normal pace
X		11. Is a smoker
X		12. Has elimination problems (constipation/diarrhea)
	X	13. Has food allergies

Part II.

14-17 Please check applicable items and note frequency when indicated

14. Type of food preparation

 X Conventional Cooking

 X Convenience Foods

 X Snack Foods

Frequency

1 – 2 times per week

5 – 7 times per week

Daily

15. Location of meals

 X Home

 X Restaurant

 X Other

5 – 7 times per week

1 – 2 times per month

1 – 2 times per month

16. Food Cravings

 X Sweets

 X Fried

 X Salty

Daily

1 – 2 times per week

Daily

17. Food preferences

 X Ethnic

N/A Religious

Chinese takeout 1 – 2 times/month

N/A

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Use space below for additional information and for comments or explanations about answers to questions 1-17. Reference number of the question the comment relates to.

Mr. D. resides alone (2). As such he has cooking facilities (4) and refrigeration (5), but only occasionally prepares his own food (3). Mr. D. is retired and has adequate funds for food (6). He relies more on his corner convenience stores and local deli for groceries, and only occasionally shops at large supermarkets – usually about once a month (7). When he does shop, he does not usually buy health foods (8). Instead he typically purchases more processed, convenience-type foods. Mr. D. is a Type 2 Diabetic and has hypertension. He takes several medications, some of which may affect his appetite, which tends to fluctuate (1). He does generally follow a 3-meal pattern daily (9), however this tends to be erratic and sometimes meals are replaced with grazing throughout the day. Mr. D. suffers from occasional bouts of insomnia, which may be interfering with proper meal patterns. He is usually up until late at night, sleeps until late in the morning, and takes afternoon naps. While Mr. D. eats his meals at a normal pace (10), his eating is often mindless – and takes place in front of the television. Mr. D. does not suffer from any known food allergies (13), but does suffer from occasional bouts of constipation (12). Mr. D. is a smoker (11), which also may be affecting his appetite. He has recently cut back on the number of cigarettes he smokes each week, and is trying to quit on his own.

Mr. D. prepares his own meals 1-2 times per week (14). He enjoys cooking, but usually eats alone and is not fond of leftovers. He tends to throw away a great deal of food when he cooks, and so does not do it too often. Instead, Mr. D. relies on take-out or frozen dinners and other convenience foods (14). If Mr. D. does order take-out, it is often Chinese (17). Mr. D. enjoys snacking and partakes in it daily (14). Not only does Mr. D. have a sweet tooth, he also craves salty snacks (14,16).

Especially during the winter months, Mr. D. typically eats his meals at home (15), whether delivered or prepared at home. Perhaps 1-2 times a month, Mr. D. may venture out of the house for a meal in a restaurant (15). On other occasions, Mr. D. may attend a family gathering or have dinner at a friend's house (15).

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Directions: Under usual pattern, record time, activities engaged in throughout the day and while eating meals and snacks, and customary eating patterns with portion sizes. Include all food, condiments, alcoholic and carbonated beverages. **Complete a full dietary analysis of the nutrient content of the three-day diet recall.**

Day 1

Hour	Activity	Food Intake
9:30 am	Begins day. Putters around the house – reads newspaper and does crossword puzzle. Takes medications. Makes coffee	1 – 2 8-oz. cups regular coffee, black 1 egg, fried in butter 1 slice white toast
11:00 am	Takes nap	
1:30 – 2:30 pm	Showers. Checks mail. Watches TV, does crossword puzzle. Pays bills if necessary, makes phone calls. Prepares lunch	2 medium hot dogs with 1 can chili on plain white buns 1 12-oz. can regular ginger ale
4:00 pm	Watches TV, does crossword puzzle. May drive to Stewarts for milk, juice, cigarettes etc.	1 8-oz. cup regular coffee, black
6:00 – 7:00 pm	Watches TV, makes dinner.	2 slices frozen meat, cheese, and vegetable pizza 1 12-oz. can lite beer
8:30 – 9:00 pm	Watches TV, has snack Injects insulin	1 8-oz. cup of 2% milk 3 small store bought oatmeal raisin or molasses cookies
10:30 pm	Watches TV, late night snack	2 clementines
11:00 pm – 1:30 am	Watches TV, falls asleep on couch or goes to bed	

Food Intake and Activity Patterns

Day 2

Hour	Activity	Food Intake
9:30 am	Begins day. Putters around the house – reads newspaper and does crossword puzzle. Takes medications. Makes coffee	1 packet, prepared instant oatmeal (raisins and spice), cooked with water 1 8-oz. cup orange juice
11:00 am	Takes nap	
1:30 – 2:30 pm	Showers. Checks mail. Watches TV, does crossword puzzle. Pays bills if necessary, makes phone calls. Prepares lunch	2 – 3 8-oz. cups regular coffee, black 1 slice frozen meat, cheese and vegetable pizza
4:00 pm	Watches TV, does crossword puzzle. May drive to Stewarts for milk, juice, cigarettes etc.	
6:00 – 7:00 pm	Watches TV, makes dinner.	1 ½ medium slice homemade meatloaf (~4 oz.) ½ 5-oz. can green beans, cooked ¾ cup instant mashed potatoes with pat (1 tsp) of butter 1 8-oz. cup 2% milk
8:30 – 9:00 pm	Watches TV, has snack	1 – 2 12-oz. cans lite beer
10:30 pm	Watches TV, late night snack Injects insulin	1 slice banana nut bread
11:00 pm – 1:30 am	Watches TV, falls asleep on couch or goes to bed	

Food Intake and Activity Patterns

Day 3

Hour	Activity	Food Intake
9:30 am	Begins day. Putters around the house – reads newspaper and does crossword puzzle. Takes medications. Makes coffee	2 8-oz. cups regular coffee, black 1 8-oz. cup orange juice 1 medium banana
11:00 am	Snacks	3 small dried prunes
11:30 am	Takes nap	
1:30 – 2:30 pm	Showers. Checks mail. Watches TV, does crossword puzzle. Pays bills if necessary, makes phone calls. Prepares lunch	Meatloaf sandwich: <ul style="list-style-type: none"> • ~3oz. slice meatloaf • 2 Tbsp. mayonnaise • 1 Tbsp. ketchup • 2 slices white bread
4:00 pm	Watches TV, does crossword puzzle. May drive to Stewarts for milk, juice, cigarettes etc.	1 8-oz. cup regular coffee, black
6:00 – 7:00 pm	Watches TV, makes dinner.	6" Turkey club sandwich: <ul style="list-style-type: none"> • ~2oz. sliced deli meat turkey • 2 Tbsp. mayonnaise • ½ c. lettuce, shredded • 2 slices fresh tomato 1 oz. snack bag baked potato chips 1 8-oz. cup iced tea, sweetened
8:30 – 9:00 pm	Watches TV, has snack Injects insulin	2 12-oz. cans lite beer
10:30 pm	Watches TV, late night snack	1 medium cinnamon roll, frosted
11:00 pm – 1:30 am	Watches TV, falls asleep on couch or goes to bed	