

FOOD DIARY

24-Hour Diet Recall (My STARS)

ID : _____

NAME : _____

IC : _____

TELEPHONE :
NUMBER _____

NCD Section
Disease Control Division
Ministry of Health Malaysia

Part 1 : Food Portion Size

Spoons & ladle



Teaspoon

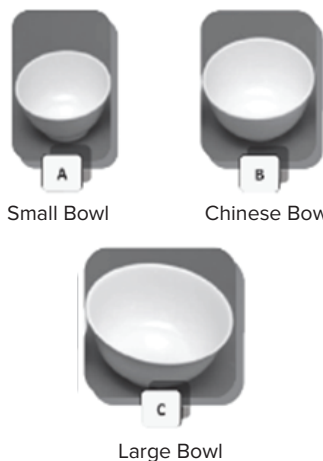
Soup Spoon

Table Spoon

Ladle

**To reduce amount of rice, noodles taken*

Bowls



Small Bowl

Chinese Bowl

Large Bowl



Ladle



Cup

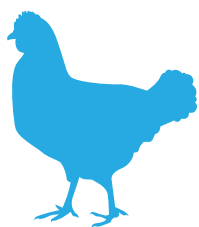


Mug

**To estimate amount of vegetables consumed*

**To estimate amount of liquid consumed*

Chicken



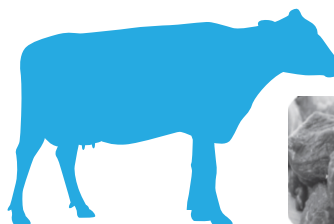
Wing

Breast (large)

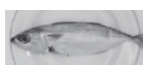
Drumstick

Thigh

Beef



Fish



Whole fish



Half fish



Slice of fish



Half Slice of fish

**To estimate amount of meat consumed*

Part 2 : Food Diary

Food Diary : 24-Hour Diet Recall

1. Please write down all the food, snacks or drinks you consume in a day.
2. Write in details the amount of the ingredients, sauce or gravy included in the food.
3. One of these days is the day of the collection of urine in 24-hour.

Example

A. Time for Breakfast (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)
6.30 am	Home cooked	<ul style="list-style-type: none"> • Fried mee 	<ul style="list-style-type: none"> • Mee • Chicken • Tomato sauce • Chilli sauce • Oyster sauce • Salt • Carrot 	<ul style="list-style-type: none"> • 1 cup • 1 ½ cup • 1 tbspn • 1 tbspn • ½ tspn • 1 tsp (4 serving) • 1 tbspn

A. Time for Morning tea (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)
10.00 am	Office	<ul style="list-style-type: none"> • Milo • Biscuit cream crackers 	<ul style="list-style-type: none"> • Milo 3 in 1 • Biscuit Hup Seng 	<ul style="list-style-type: none"> • 1 packet • 3 pieces

A. Time for Lunch (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)
1.00 pm	Office	<ul style="list-style-type: none"> • Rice • Fried Fish • Vegetables soup 	<ul style="list-style-type: none"> • White rice • Mackerel fish • Carrot cabbage 	<ul style="list-style-type: none"> • 1 cup • 1 piece • 1 small bowl

Food Diary : 24-Hour Diet Recall

1. Please write down all the food, snacks or drinks you consume in a day.
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3. One of these days is the day of the collection of urine in 24-hour.

Public Holidays / Weekends

Day	1. Saturday	2. Sunday	3. Public Holiday
Date			

A. Time for Breakfast (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

A. Time for Morning tea (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

A. Time for Lunch (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

A. Time for Afternoon Tea (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

A. Time for Dinner (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

A. Time for Supper (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

Food Diary : 24-Hour Diet Recall

1. Please write down all the food, snacks or drinks you consume in a day.
2. Write in details the amount of the ingredients, sauce or gravy included in the food.
3. One of these days is the day of the collection of urine in 24-hour.

Working Days

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Date					

A. Time for Breakfast (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

A. Time for Morning tea (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

A. Time for Lunch (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

A. Time for Afternoon Tea (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

A. Time for Dinner (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)

A. Time for Supper (hour)	B. Food sources (buy / cook)	C. Type of food or drink	D. Ingredients in food or drink	E. Household measurement (tablespoon, teaspoon, cup, spoon)