

# Pacific Islands Cohort on Cardiometabolic Health (PICCAH)

U24

## Food & Activity Log

Name of Child: Joseph Cruz Jr.

Name of Parent: Mary Cruz

For this record period, please record during the days outlined below:

Day (e.g., Monday)	Date (mm/dd/yyyy)
<i>Tuesday</i>	<i>05/06/2017</i>
<i>Friday</i>	<i>05/09/2017</i>

If you have any questions, please the PICCAH staff at 686-3697, 686-3426, 686-6421. You may also email at [PICCAH@triton.uog.edu](mailto:PICCAH@triton.uog.edu)

First Day



Participant ID

1	2	3	4	5	6	7
---	---	---	---	---	---	---

Day: Tuesday

Date: 05 / 06 / 2017

Date: 05 / 06 / 17 Mon Tue Wed Thu Fri Sat Sun (circle one)

Food & Activity Log – Da

F O O D L O G						
	Time	Detailed Description of Foods & Beverages	Amount	Place Prepared	Place Eaten	Other Activities While Eating
25	630AM	Kellogs Raisin Bran Cereal	1 Cup	Home	Home	Sitting and watching TV
26	630AM	2% White Milk	1/2 Cup	Home	Home	Sitting and watching TV
27	8 AM	Nature Valley Oats 'n Honey Granola Bar	2 pieces 1 pack		School	
28	820AM	Water	10 oz		School	
29	11 AM	School Lunch, see menu attached				

*Some foods may have many ingredients and may not fit here. If so, you may use the portion in the back to lists recipe ingredients.*

*You can indicate "RECIPE 1" if you decide to do so.*

**Recipe 1, Name:** *Stir Fry*

Number of servings recipe made: 4

Number of servings your child ate: 1

Ingredients:	Amount:
<i>2 pounds chopped beef (bottom round cut)</i>	<i>2 pounds</i>
<i>1 medium sized carrot, chopped</i>	<i>1 medium</i>
<i>3 celery stalks, chopped</i>	<i>3 stalks</i>
<i>1 medium sized onion, chopped</i>	<i>1 medium</i>
<i>1/2 head of cabbage</i>	<i>1/2 head</i>
<i>Kikoman Stir Fry Sauce, 3 tbsp</i>	<i>3 tbsp</i>
<i>We are only looking for the ingredients so there is no need to put the steps involved</i>	
<i>Dont forget to include name brands of items used</i>	

**Recipe 2, Name:**

Number of servings recipe made: \_\_\_\_\_

Number of servings your child ate: \_\_\_\_\_

Ingredients:	Amount: