

APPENDIX H
MEAL MATRIX AND CALENDAR MAGNET

OMB Control Number:
Expiration Date:

Case ID Label

Meals and Snacks We Ate this Week

Check each meal and snack eaten by each person in the household

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Meals	Snacks	Meals	Snacks	Meals	Snacks	Meals	Snacks	Meals	Snacks	Meals	Snacks	Meals	Snacks
Person 1	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM
	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM
	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve
Person 2	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM
	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM
	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve
Person 3	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM
	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM
	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve
Person 4	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM
	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM
	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve
Person 5	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM
	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM
	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve
Person 6	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM
	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM
	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve

Breakfast, lunch, and dinner may be at any time of day, depending on your schedule.

- “AM snack” = one or more snacks between midnight and noon
- “PM snack” = one or more snacks between noon and 6pm
- “Eve snack” = one or more snacks between 6pm and midnight

Meals and Snacks We Ate this Week

Check each meal and snack eaten by each person in the household

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Meals	Snacks	Meals	Snacks	Meals	Snacks	Meals	Snacks	Meals	Snacks	Meals	Snacks	Meals	Snacks
Person 1	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM
	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM
	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve
Person 2	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM
	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM
	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve
Person 3	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM
	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM
	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve
Person 4	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM	<input type="radio"/> Breakfast	<input type="radio"/> AM
	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM	<input type="radio"/> Lunch	<input type="radio"/> PM
	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve	<input type="radio"/> Dinner	<input type="radio"/> Eve

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National Food Study—The Week Ahead

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	DAY 8
	CALL US ↓ REPORT food info 1-866-275-8659	WE CALL YOU ↓ Interview 2		CALL US ↓ REPORT food info 1-866-275-8659		CALL US ↓ REPORT food info 1-866-275-8659	↓ Interviewer returns at: ____ : ____ Complete interview 3 ↓ Receive Gift

Don't forget to UPDATE your food book, SCAN your groceries, and SAVE your receipts!

Questions or help, call 1-866-275-8659.

Your local contact is:

Telephone: