

**APPENDIX J**  
**MEALS AND SNACKS FORM**

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# 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

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

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