Diet Analysis
Health Assess at the Marilyn Magaram Center

Please print these forms and record your 3-day food diary in the space provided. To submit for analysis:

1. Drop off at the MMC:
   Sequoia Hall 120
   CSU Northridge
   Office Hours:
   Monday - Thursday
   8:30 am - 4:00 pm
   Friday
   8:30 am - 2:00 pm
   Cash or check only.

   2. Mail to the MMC at:
      Marilyn Magaram Center
      18111 Nordhoff St.
      Northridge, CA 91330
      Please include check payment.
      (No Cash)
      To receive your results by mail please add $1 to your payment and be sure to include your return address.
      Results will be mailed out once completed

   CSUN Students, faculty, staff: $10
   Community Members: $25
   Make checks payable to:
   Marilyn Magaram Center

   - Payment is due at the time of submission
   - Diet Analysis results will be ready 5 business days from the day it was submitted to the MMC. Should any changes occur, you will be contacted via e-mail.
   - A guide for understanding your results is available at http://www.csun.edu/hhd/tcs/magaram/healthassess.html.
   - For additional information please contact healthassess@csun.edu.

Answer the following:

Name__________________________
Gender ___________ Age___________
Height ___________ Weight __________
e-Mail______________________________
Phone #____________________________
Is this for a class? ____________

Select your activity level:

☐ Sedentary: Mostly seated or standing daily living activities; no exercise or other leisure activities.

☐ Lightly Active: Light exercise and leisure activities one hour per day.

☐ Active: Moderate exercise and leisure activities one and a half to two hours per day.

☐ Very Active: Heavy manual labor job or heavy exercise and leisure activities for more than two hours per day.

Office Use Only:
DR__________ DC__________ By_____
TIPS FOR RECORDING YOUR DIET
- Record everything you ate and drank throughout the day, for three consecutive days. Make sure you include one weekend day.
- Record all food items and beverages consumed as you consume them so you don’t forget.
- Pay close attention to serving sizes of the foods you consume... this is VERY important in order to get an accurate analysis!
- To accurately analyze your diet, please be completely honest about your intake and portions.

TIPS FOR MEASURING PORTION SIZES
- Enter the amount of food in cups, teaspoons, tablespoons, ounces, slices or pieces, or other standard measurements.
- Be as precise as possible—this means you will have to physically measure some of the foods and beverages you consume during your three days.
- Specify if the food is fresh, cooked, or canned (for canned products, specify if it was in juice, water, or syrup.)
- Specify the method of preparation—was the food boiled, baked, fried, steamed, broiled, roasted, etc.?
- Include condiments, such as mustard, ketchup, mayonnaise, salad dressing, salt, etc.
- Give as much description about the food or beverage as possible. (ex. Was the bread whole wheat, white, or sour dough? Was it toasted? Was the milk skim, 1% or 2%?)

SAMPLE DIET RECALL

**CORRECT WAY**
For breakfast, I ate:
1 1/2 cups Cheerios
1/2 cup 2% milk
1 medium apple
8 oz. regular coffee
1 Tbsp non-dairy creamer

For lunch, I ate:
2 pieces whole wheat bread
3 oz packaged turkey breast
1 1/2 oz sliced cheddar cheese
2 pieces romaine lettuce
1 Tbsp honey mustard
2 thin slices of tomato
12 fl. oz. can of Diet Pepsi
1/2 cup chocolate non-fat frozen yogurt

For dinner, I ate:
2 cups cooked fettuccini pasta
1/2 cup jarred marinara sauce
1 Tbsp fresh grated Parmesan cheese
2 cups of green leaf lettuce
1/3 cup grated carrot
2 Tbsp Ranch dressing
16 fl. oz. lemonade from concentrate

**INCORRECT WAY**
For breakfast, I ate:
bowl of Cheerios
1/2 cup of milk
1 apple
cup of coffee
spoonful of creamer

For lunch, I ate:
turkey sandwich

For dinner, I ate:
2 cups noodles
1/2 cup sauce
sprinkle of cheese

If you have any questions, please contact us at healthassess@csun.edu

YOU’RE READY TO BEGIN RECORDING!
## Day 1 Food Intake Record

<table>
<thead>
<tr>
<th>Meals</th>
<th>Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Meals</td>
<td>Intake</td>
</tr>
<tr>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Meals</td>
<td>Intake</td>
</tr>
<tr>
<td>---------</td>
<td>--------</td>
</tr>
<tr>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Meals</td>
<td>Intake</td>
</tr>
<tr>
<td>---------</td>
<td>--------</td>
</tr>
<tr>
<td>Breakfast</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
</tr>
</tbody>
</table>