**LEMBAR CRF GIZI 1**

**CATATAN ASUPAN MAKANAN (FOOD DIARY)**

**Catatan diisi tiga hari berturut turut**

Nama subyek :

No. Kode subyek :

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Hari** |  | **Tanggal** |  | |
| **Jenis** | **Nama makanan** | **Bahan makanan** | **URT** | **Cara memasak** |
| Makan pagi |  |  |  |  |
| Jam.......... |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Selingan pagi |  |  |  |  |
| Jam.......... |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
| Makan siang |  |  |  |  |
| Jam.......... |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |