# Electronic Submission- General Instructions

1. Select and print 4 days of your food diary.
2. Indicate if the day is a Shift Day or Off Day
3. Note anything else you consider significant in the food notes that impacts your diet. For example, on vacation, ill, heavy exercise day, or holiday meal.
4. The macronutrients and minerals below MUST be included in the summary for each day.
5. Note which program, app, or website you are using to track your diet.

| **Macronutrient/Mineral** |
| --- |
| Calories (kcal) |
| Protein (g) |
| Carbohydrates (g) |
| Cholesterol (mg) |
| Total Fat (g) |
| Saturated Fat (g) |
| Monounsaturated Fat(g) |
| Polyunsaturated Fat (g) |
| Fiber (g) |
| Sugar (g) |
| Sodium (mg) |
| Potassium (mg) |

## Items to Include: