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| 調査費 | 担当者 |
| 年　　　月　　　日（　　　　） |  |

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【ワークシート8-3-2】24時間思い出し法　調査票

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| 食事  区分 | 調理  形態＊1 | 料理名 | 食品名 | 食品番号 | 目安量 | 重量（ g ） | | 残量  （ g ） | 調理  法＊2 | 備考欄  （メーカー名など） |
| 調理  前 | 調理  後 |
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＊1 : 該当する調理形態について以下の数字を記入する （1：家庭調理，2：惣菜・持ち帰り，3：加工・市販食品，4：外食，5：その他）

＊2 : 調理法の番号を記入する （1：生・そのまま，2：ゆで，煮る，3：焼く（グリル），4：蒸す，5：炒める，6：揚げる，7：その他）