**File10-1**

**食事調査法をまとめよう**

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|  | **概要** | **長所** | **短所** | **習慣的な摂取量の評価** | **使用にあたり注意する点** |
| **食事記録法** |  |  |  |  |  |
| **24時間食事 思い出し法** |  |  |  |  |  |
| **影膳法** |  |  |  |  |  |
| **食物摂取頻度 調査票** |  |  |  |  |  |
| **食事歴法** |  |  |  |  |  |
| **生体指標** |  |  |  |  |  |