

Name:

## **FOOD DIARY**

For me to have a clear idea of your usual diet, please record everything that you eat and drink for a period of three days. Try to include a weekend day as part of this record.

Tips for keeping this diary:

1. Record what you eat as close to the time you eat it as possible. It is easy to forget otherwise.
2. Record actual food brand where possible
3. Record amounts eaten as accurately as possible i.e cup or spoon measures, fist sized amounts, actual weight
4. Record how food was prepared i.e. grilled or fried etc...
5. Record whether it is eaten at home or out
6. Don't forget to include drinks
7. Record hunger scale (i.e. 1-10) and/or mood if appropriate

Use the table below as a guide:

**Date:** 18/6/05

<b>Place</b>	<b>Time</b>	<b>Food Description and Quantity</b>
<i>Home</i>	<i>8am</i>	<i>2 soy-linseed toast with peanut butter Orange juice</i>
<i>Work</i>	<i>9am</i>	<i>Coffee with full cream milk and 1 sugar</i>
<i>Take-away</i>	<i>1:30pm</i>	<i>Medium container pasta with tomato and olive sauce Diet coke</i>
<i>Work</i>	<i>3pm</i>	<i>Black tea, Medium red apple</i>
<i>Home</i>	<i>6pm</i>	<i>5 Jatz biscuits with 3 thin slices coon light cheese</i>
<i>Home</i>	<i>8pm</i>	<i>~150g grilled tuna with capers and lemon juice Green salad with ~1tbs balsamic dressing 150ml white wine 4 pieces fruit and nut chocolate</i>

**Date:**

<b>Place</b>	<b>Time</b>	<b>Food Description and Quantity</b>

**Date:**

<b>Place</b>	<b>Time</b>	<b>Food Description and Quantity</b>

**Date:**

<b>Place</b>	<b>Time</b>	<b>Food Description and Quantity</b>