

FOOD DIARY

The food diary is a record of your dietary intake for a week. Each half a page is dedicated to one main meal and the snacks and fluids that you have prior to your next. By writing your diet down, you will undoubtedly start to think about your intake more than you would normally. Please try not to feel controlled by this. Continue to eat as you normally would and try to be as honest as possible. You will not be judged. The purpose of this exercise is to view your normal dietary habits so that I can identify where advice may be needed.

Guidelines:

- Start the diary whenever you like, you do not have to start with breakfast.
- At the top fill out the date, the type of meal (breakfast, lunch, dinner, brunch etc) and the time that you ate.
- **Meal:** (Include: Starters, main course and pudding). List what you had as fully as possible. E.g. roast/ boiled/ mashed potatoes with butter, list the vegetables. Was it skimmed or full fat milk?
- **Snack & Fluids:** List everything you had after this meal and before the next. If branded, please give the brand. Please also make note of the amount e.g. Ready salted Walkers crisps 30g; 1 tall glass of Ribena, 1 pint of Guinness etc.
- **Hunger Score:** When you ate snacks, how hungry were you on a scale of 1-3?
 - 1 = You felt full up.
 - 2 = You did not feel hungry but ate anyway.
 - 3 = You felt hungry.
- **Energy Score:** Just before you prepare your next main meal, how did you feel on a scale of 1-5?
 - 1 = You feel absolutely exhausted.
 - 5 = You were bouncing off the walls!!

If at anytime you have difficulty in filling out the diary, please do not hesitate to contact me.

Date: **Meal:** **Meal Time:**

Contents of your Meal:

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Snacks after the above meal and before your next				
Food	Time	Hunger Score (1-3)	Fluid	Time

Energy Score to be filled in just prior to preparing your next meal

LOW				HIGH
1	2	3	4	5

Date: **Meal:** **Meal Time:**

Contents of your Meal:

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Snacks after the above meal and before your next				
Food	Time	Hunger Score (1-3)	Fluid	Time

Energy Score to be filled in just prior to preparing your next meal

LOW				HIGH
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