**DAILY FOOD DIARY**

Please complete this diary in detail so that you can be provided with advice tailored to your diet and lifestyle. Please do not change your eating habits for the diary.

Record all meals, snacks, nibbles, drinks (including water, alcohol), foods eaten at work, meals in restaurants, take-away’s, sweets, chocolates, medication and herbal / dietary supplements.

If you find it helpful to carry these sheets with you during the day, **print the blank copy** and fill in the spaces as you go. When completed fill in the online food diary and email.

* Start a new page for each day. Eating patterns vary so please record 2 weekend day and 5 week days. Please include all exercise taken in then week.
* Use brand names where possible. i.e.: McVities Digestive, Findus fish fingers, Scott’s porridge oats. Be specific with the types ie; wholemeal bread, full cream milk, white sugar, butter.
* Actual amounts are necessary: i.e.; 4 slices of thick white bread, 3 eggs, half a pint beer, 1 x 200ml cup, 30g bag of skips. Measure your intake if you are able but alternatively use the packaging to guide you.
* Remember to include the way the food is cooked: fried, grilled, poached, baked, microwave.
* Meal example: 1 steak fried (rump) half the size of the dinner plate, pepper sauce (half the 50g Knorr packet) 4 medium size potatoes, peeled, boiled and mashed with 2 dessert spoons of butter and a quarter pint of single cream, boiled carrots, 2 ladels, mashed with 1 dessert spoon of butter (Anchor salted).
* If you work shifts or continually graze through the day recording the times are vitally important.

**The comments box is for recording your location, i.e.: eating on the move, at a party, eating for comfort, stress, hunger or taking exercise. The comments box is also there for recording Bowel motions and for people who are suffering medical symptoms. Please record nausea, vomiting, pain and type, diarrhoea, constipation etc at the times you are experiencing the symptoms. The more information you can provide the better the outcome**.

**FOOD DIARY: DAY 1 Name: Pt No:**

|  |  |  |  |
| --- | --- | --- | --- |
| DAY/DATE: | FOOD AND DRINK | AMOUNT  | EXERCISE /COMMENTS |
| BreakfastTime: |  |  |  |
| Mid – MorningTime: |  |  |  |
| LunchTime: |  |  |  |
| Mid –afternoonTime: |  |  |  |
| Evening MealTime: |  |  |  |
| SupperTime: |  |  |  |

**DAY 2 Name: Pt No:**

|  |  |  |  |
| --- | --- | --- | --- |
| DAY/DATE: | FOOD AND DRINK | AMOUNT  | EXERCISE /COMMENTS |
| BreakfastTime: |  |  |  |
| Mid – MorningTime: |  |  |  |
| LunchTime: |  |  |  |
| Mid –afternoonTime: |  |  |  |
| Evening MealTime: |  |  |  |
| SupperTime: |  |  |  |

**DAY 3 Name: Pt No:**

|  |  |  |  |
| --- | --- | --- | --- |
| DAY/DATE: | FOOD AND DRINK | AMOUNT  | EXERCISE /COMMENTS |
| BreakfastTime: |  |  |  |
| Mid – MorningTime: |  |  |  |
| LunchTime: |  |  |  |
| Mid –afternoonTime: |  |  |  |
| Evening MealTime: |  |  |  |
| SupperTime: |  |  |  |

**DAY 4 Name: Pt No:**

|  |  |  |  |
| --- | --- | --- | --- |
| DAY/DATE: | FOOD AND DRINK | AMOUNT  | EXERCISE /COMMENTS |
| BreakfastTime: |  |  |  |
| Mid – MorningTime: |  |  |  |
| LunchTime: |  |  |  |
| Mid –afternoonTime: |  |  |  |
| Evening MealTime: |  |  |  |
| SupperTime: |  |  |  |

**DAY 5 Name: Pt No:**

|  |  |  |  |
| --- | --- | --- | --- |
| DAY/DATE: | FOOD AND DRINK | AMOUNT  | EXERCISE /COMMENTS |
| BreakfastTime: |  |  |  |
| Mid – MorningTime: |  |  |  |
| LunchTime: |  |  |  |
| Mid –afternoonTime: |  |  |  |
| Evening MealTime: |  |  |  |
| SupperTime: |  |  |  |

**DAY 6 Name: Pt No:**

|  |  |  |  |
| --- | --- | --- | --- |
| DAY/DATE: | FOOD AND DRINK | AMOUNT  | EXERCISE /COMMENTS |
| BreakfastTime: |  |  |  |
| Mid – MorningTime: |  |  |  |
| LunchTime: |  |  |  |
| Mid –afternoonTime: |  |  |  |
| Evening MealTime: |  |  |  |
| SupperTime: |  |  |  |

**DAY 7 Name: Pt No:**

|  |  |  |  |
| --- | --- | --- | --- |
| DAY/DATE: | FOOD AND DRINK | AMOUNT  | EXERCISE /COMMENTS |
| BreakfastTime: |  |  |  |
| Mid – MorningTime: |  |  |  |
| LunchTime: |  |  |  |
| Mid –afternoonTime: |  |  |  |
| Evening MealTime: |  |  |  |
| SupperTime: |  |  |  |