FOOD DIARY

Keep a ***3-day food diary*** in the template below. Include ***everything you eat and drink*** including ***what time*** and the ***amount***. Try to be as ***specific*** as you can with the amounts and brands and don't forget to ***include water***!

In the ***comments box*** to the right include how you felt before or after meals, for example if you were very hungry, feel you didn't eat enough or ate too much, ate because you were bored etc. You don't need to include a comment for every meal just where you think it is relevant.

In the section below record any ***exercise*** you did on that day and include what time and for how long. Try to include ***one weekend day*** in your 3-day food diary.

Remember to ***eat as you normally would*** and be as honest as you can so that the dietitian can do an accurate nutrition assessment and tailor your meal plan and goals to suit your individual needs.

Day:		Date:	
Time	Food or drink	Quantity	Comments
Exercise:			

Day:		Date:	
Time	Food or drink	Quantity	Comments
Exercise:			

Day:		Date:	
Time	Food or drink	Quantity	Comments
Exercise:			