

DATE

DAY OF WEEK

TIME	DESCRIPTION OF FOOD OR DRINK CONSUMED

RECORD ONE FOOD/DRINK ITEM PER LINE

WEIGHT	WEIGHT LEFT-OVER	Please Leave Blank	

START A NEW PAGE FOR EACH DAY

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GENERAL INFORMATION

1. What type of milk do you usually use?
2. Do you take milk in tea?
3. Do you take milk in coffee?
4. Do you take sugar in tea?
If YES how much per cup?
5. Do you take sugar in coffee?
If YES how much per cup?
6. What type of bread do you usually eat?
7. What type of spread do you usually add to your bread?
Brand?
8. Do you add salt at the table?
9. Do you take vitamin or mineral supplements?
What kind?
10. Did you make any changes to your diet over the 24 hours as a result of having to record what you ate/drank?
11. Did you have any problems filling in your food diary?
12. Were there any foods that you did not eat as a result of having to record what you ate, if so why?
13. How active were you?
14. Was your pattern of activities fairly typical?

INSTRUCTIONS FOR COMPLETING FOOD DIARY

1. To be able to find out about all the nutrients in the foods you eat, please give a detailed description of everything you eat and drink over the next 7 days.
2. Give a detailed description of each food item, including brand names where possible, and remember to record the method of cooking, e.g. boiled, deep fried, stewed, grilled etc., and the amount and type of fat you use for cooking, or add at the table. Some more detailed advice is given in the next few pages.
3. Collect the labels / wrappers of packaged foods and drinks where possible to assist with analysis.
4. It is very important that you do not alter your eating habits whilst you are filling in this diary. This is so that you can make an accurate analysis of your usual diet.
5. Record only **ONE FOOD OR DRINK ITEM PER LINE**, use as many pages as you need for a day, and start a **NEW PAGE FOR EACH DAY**.

RECORDING FOOD AND DRINK CONSUMED

Write the day and date on each page and the time that the food or drink was consumed. Weigh each food and drink consumed whenever possible (see “TO USE THE SCALES”). Describe the foods eaten as clearly as possible, e.g. a cheese sandwich is really 3 foods – Bread, Margarine and Cheese. With foods such as fruit, remember to record the weight of the skin/core/stone in the weight leftover column. When it is not possible to weigh, (e.g. when eating away from home) please give a detailed description of the food / drink and estimate the amount you have consumed (see “ESTIMATING WEIGHTS”).

TO USE THE SCALES

1. Switch on scales; check that they are recording in grams.
2. Add an empty plate, bowl or cup and zero the scales.
3. Add the first food item to the plate and record the weight.
4. Zero the scales again, add the second food and record the weight, and so on.
5. Weigh any left-overs when finished and record the weight.

ESTIMATING WEIGHTS

1. WEIGHTS RECORDED ON WRAPPERS / PACKAGING OF BOUGHT FOODS, for example - crisps, chocolate, sweets, cans of drink, etc.

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2. NUMBER AND SIZE of separate pieces, for example - 2 plums, 6 small new potatoes, $\frac{1}{4}$ honeydew melon, etc.
3. USING HOUSEHOLD MEASURES, for example - teaspoon, dessertspoon, tablespoon, cup, mug etc.
4. SMALL, MEDIUM OR LARGE portion, or a canteen portion.

COOKED DISHES

If you are having part of a home-made cooked dish, please record the following

1. the weight of your cooking pot or dish
2. the weights of each raw ingredient
3. the total weight of the cooked dish (subtract the weight of cooking pot or dish)
4. the amount that you had

e.g. **MACARONI CHEESE**

Raw Ingredients 100g Macaroni
350ml Milk
25g Margarine
25g Flour
100g Grated Cheese

Cooked Weight 707g

Amount Eaten 230g

DESCRIPTION OF FOOD AND DRINK

Specify the following:

MILK Full-fat, semi-skimmed, skimmed, etc.

CHEESE Cheddar, cottage cheese, processed cheese, full fat soft cheese, etc.

YOGHURT Full fat, thick and creamy, low fat, very low fat, Greek, etc.

EGGS Boiled, fried, poached, scrambled, etc.

MEAT Type and cut of meat, and method of cooking, e.g. pork chop, grilled; lean mince, stewed.

FISH Type of fish, and method of cooking, e.g. fish fingers grilled, haddock in batter, fried.

BREAD/ROLLS Wholemeal, white, brown, butteries, etc.

SWEETS/
CHOCOLATE Brand names and descriptions, e.g. Cadburys Wispa, Rowntrees fruit gums.

BISCUITS Brand names and descriptions, e.g. Safeway's cheese thins, orange Club biscuit.

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DATE - 20/11/00 DAY OF WEEK Monday

TIME	DESCRIPTION OF FOOD OR DRINK CONSUMED
8AM	<i>Kelloggs Cornflakes</i>
	<i>Semi-skimmed Milk</i>
	<i>Fresh Orange Juice</i>
	<i>Toast, white bread</i>
	<i>Flora spread</i>
	<i>Strawberry jam</i>
	<i>Tea</i>
	<i>Semi-skimmed Milk</i>
10.45AM	<i>White Coffee – Vending Machine</i>
	<i>Cereal Bar – Jordan's Raisin and Hazelnut</i>
1.00PM	<i>Wholemeal Bread</i>
	<i>Cheddar Cheese</i>
	<i>Flora Spread</i>
	<i>Pickle</i>
	<i>Strawberry low fat yoghurt</i>
	<i>Apple</i>
	<i>Diet Coke</i>
3.30PM	<i>White Coffee – Vending Machine</i>
	<i>2 Digestive Biscuits</i>

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EXAMPLE OF ONE DAYS FOOD RECORD

WEIGHT	WEIGHT LEFT-OVER	Please Leave Blank	
30g			
100g			
160g			
27g			
9g			
15g			
220g			
40g			
30g			
72g			
40g			
14g			
15g			
150g			
112g	12g (core)		
330g			
30g			

START A NEW PAGE FOR EACH DAY

DATE - 20/11/00 DAY OF WEEK Monday

TIME	DESCRIPTION OF FOOD OR DRINK CONSUMED
6.00PM	Pot
	Sunflower Oil
	Chicken breasts – no skin
	Onion
	Carrot
	Gravy
	Total Cooked Weight
	Amount Eaten
	Boiled potatoes with skin
	Peas
	Carrots
	Water
8.30PM	Tea
	Milk
	2 Digestive Biscuits
10.00PM	Bacardi
	Diet Coke

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EXAMPLE OF ONE DAYS FOOD RECORD

WEIGHT	WEIGHT LEFT-OVER	Please Leave Blank	
550g			
15g			
260g			
60g			
80g			
100g			
450g			
220g			
160g			
60g			
70g			
200g			
220g			
40g			
30g			
50g			
150g			

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