

DAILY FOOD AND DRINK DIARY

The aim of these sheets is to record a few days that are *typical* of your normal eating and drinking habits.

Choose 2 to 4 days that will be fairly representative of your usual weekday eating and drinking and write down exactly what you eat and drink during that day. You must fill it in throughout the day so that it is accurate - it is too easy to forget if left to a day or two later.

Please describe precisely what you eat and drink, eg:

- 'Cereal' is not accurate enough: name which one it is and what you have with it, eg. milk (skimmed, full fat, etc.), soya milk.
- Likewise 'Tea': is it with or without sugar and/or milk and how much?
- For 'Toast' or 'Bread': is it wholemeal, white, leavened, unleavened, etc. & how many slices?
- For 'Sandwiches': same as for bread + how many slices & with what inside?
- For 'Salad', 'Casserole', 'Stew', etc: what are the ingredients?
- For 'Rice': is it white or brown?
- For 'Vegetables' and 'Fruit': which type?
- For 'Sweets' and 'Confection': give details.
- For Alcoholic drinks: what type (wine: red, white, rose, etc) and what quantity?

Record absolutely everything you consume, including all snacks, sweets/confection and water.

If you wish to record more than four day's intake, please print more or ask my office.

21/07/2010

DAILY FOOD & DRINK DIARY

Name

Day & Date

	TIMES	
Before Breakfast		
Breakfast		
Between Breakfast & Lunch		
Lunch		
Between Lunch & Evening Meal		
Evening Meal		
Between Evening Meal & Bed		
Between Going to Bed & Rising for the next day		

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