

Food Diary Instructions

The information you record in your food diary will help to give a true picture of what you eat each day. Generally, food diaries should be kept for a minimum of seven days.

Time:

Write the time of day you ate the food.

Food/Drink:

In these columns, write down the type of food you ate or liquid you consumed. Be as specific as you can. Include sauces and gravies. Don't forget to write down "extras," such as salad dressing, mayonnaise, butter, sugar and ketchup. Also include any glasses of water or other drinks consumed. Approximate portion size is also helpful.

Comment:

How did you feel after you ate (for example, full, still hungry, satisfied, bloated, tummy ache)?

Helpful Hints:

1. Don't change your eating habits while you're keeping your food diary.
2. Tell the truth. There's nothing to be gained by trying to look good on these forms.
3. Record what you eat and drink on all days.

Some basic rules to remember:

Write down everything

Keep your form with you all day, and write down everything you eat or drink. A piece of chocolate or a couple of biscuits may not seem much at the time but they all add up.

Do it now

Don't depend on your memory at the end of the day. Record your eating as you go.

Sample Food Diary

Day	Time	Food	Drink	Comments
Monday	8am	2 Weetabix with 150mls milk and teaspoonful of sugar 1 slice toast with 1 tsp butter and 1 tsp marmalade	1 cup of tea with 30ml milk	Felt satisfied at time but felt hungry by 11am
	10am		1 cup of coffee with 30ml milk and teaspoonful of sugar	
	1pm	Ham sandwich (2 slices of bread with 2 tsp butter) 1 strawberry yogurt (125gm) 1 Kitkat	200ml glass of orange juice	Had tummy ache a few minutes after finishing meal for 20 minutes
	3pm	2 digestive biscuits	Cup of tea with 30ml milk and teaspoonful of sugar	
	5pm		200ml glass of water	
	6pm	Grilled chicken breast, 3 small boiled potatoes, 1 tblsp of peas, 1 carrot with 3 tblsp gravy, 1tblsp ketchup	150ml glass of red wine	Felt full but noticed some bloating after an hour
	7.30pm	1 medium sized Banana	Cup of tea with milk and a teaspoonful of sugar	
	10pm	2 custard cream biscuits	Cup of coffee with milk and teaspoonful of sugar	Felt a little peckish so had some biscuits

Food Diary

Name:

Date:

Day	Time	Food	Drink	Comments

Continuation sheets are available at www.pulsescreening.co.uk/Food_Diary_Additional_Pages.pdf

Pulse Health Screening, Tel: 01234 840089, enquiries@pulsescreening.co.uk, www.pulsescreening.co.uk