

## YOUR DIARY

**DAY** .....

**DATE** .....

Did you take any pills, tonics or tablets to supplement your diet today? Yes/No  
(eg vitamins, minerals, fish oils)

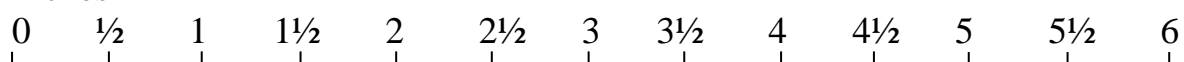
Please write down the full name and brand from the bottle/packet and how many tablets or capsules or teaspoons or sachets you took

Name of product	How many?

Time	Food or drink Write each item on a separate line	Amount	Left Over

TURN OVER IF YOU NEED MORE SPACE

Inches





## EXAMPLE DIARY

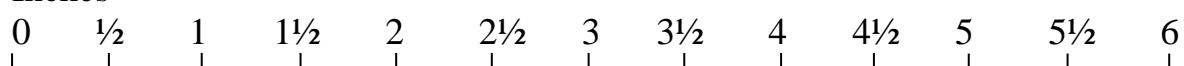
DAY .....

DATE .....

Time	Food or drink Write each item on a separate line	Amount	Left Over


TURN OVER IF YOU NEED MORE SPACE

Inches



### How to fill in your diary:

- Write down in this diary every time you have a snack, drink, or meal. Include the following:

- **THE TIME**

- **THE TYPE OF FOOD OR DRINK**

Use **brand names** where possible for example, Tesco's salt & vinegar crisps, Wall's Viennetta

For cooked food write which **cooking method** was used, for example: fried, deep fat fried, roast, boiled, micro-waved or baked. Also write down the brand of oil or fat used to fry/roast

If you had a home made dish, for example chilli con carne, please list the main **ingredients** such as mince, onions, red kidney beans, and tinned tomatoes

Don't forget that some foods are in several parts – a cheese sandwich is really **three** foods

2 slices white bread sandwich

1 slice Kraft cheese

## Flora margarine

Please say which **type of milk** is used each time – skimmed, semi-skimmed or whole

**and** pasteurised (fresh), UHT, dried or condensed.

For less common milks such as soya or goat's milk write as much detail as possible.

[illegible]

Time	Food or drink Write each item on a separate	Amount	Left Over

- **THE AMOUNT** - using household measures, for example:

Number of **tablespoons**; whether level, rounded or heaped

Number of **cups, mugs, bowls** or **slices**

**Weight** on the tin or packet, for example 150 g yogurt or 100 g bar of chocolate

**Number** of biscuits or sweets

**Size**, measuring the length, width and thickness (for example slice of pie, lump of cheese)

- **LEFTOVERS** – write down anything left, for example: two crusts, skin from chicken, half the cabbage portion
  - **SALT** – write down each time salt or a salt substitute is used to cook any item and also whether salt is added to the meal at the table. Include the amount, for example, a teaspoon or a pinch
- If you remember something you missed add it at the end of your diary with the time you had it
  - Please look at the example on the next page and then you are ready to start filling in your diary for one day
  - Please bring your completed diary to your follow up appointment at the clinic
  - Any information you provide will be kept strictly confidential

--	--	--

 / 

--	--	--	--

*Hertfordshire*

*Food Diary*

## Thank you for your help

We would like to know about everything you eat and drink for 24 hours starting the day after your interview with the nurse. Please start writing in the diary the first time after midnight that you have anything to eat or drink. Your diary should finish at midnight the next day. This is not a test, we are interested in what is a normal day for you.

Please read the next two pages carefully before beginning your diary.

If you have any questions about this diary please call us and one of our nurses will be able to help you:

***Telephone 01707 328111  
extension 3047***

COLLECTION (For Official Use only)

--	--

--