

# OxSalt

Lowering Salt for Health



## Food Diary

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**You can just complete your food diary for 3 days during the week - 2 week days and 1 day over the weekend.**

Please record:

- ❖ Everything you eat - no matter how small.
- ❖ Portion sizes e.g. tablespoons, slices, cupfuls, teaspoons or weight.
- ❖ Details such as brand names and cooking methods.
- ❖ The weight of the food and the amount of salt or sodium shown on the packet for ready-made meals or snacks per portion.
- ❖ Snacks between meals, food eaten while making meals, salad dressings and meals eaten out.
- ❖ Take the diary wherever you go and fill it in at the time you eat if possible.
- ❖ Please make full use of the comments section recording what you found helpful and or any aspects that you found difficult or products that were particularly low in salt.

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Day and Date				
Time of day	Portion size	Details of food	Amount of Salt or Sodium from the food label if available	
<b><u>Morning</u></b>			<b><u>Salt</u></b>	<b><u>Sodium</u></b>
8am	2 whole	Weetabix with semi skimmed milk.		
	1 whole	Banana		
11am	1 whole	Apple		
<b><u>Afternoon</u></b>				
1pm	2 slices bread brown	Tuna mayonnaise sandwich with cucumber.		
	1 packet	Salt 'n' shake crisps		
	1 whole	Satsuma		
4pm	2	Cream crackers with light cream cheese with 1 teaspoon on each cracker.		
<b><u>Evening</u></b>				
7pm	2 handfuls dried	Pasta with homemade spaghetti bolognaise sauce.		
	5 tablespoons sauce			

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