How to Keep a Food Diary

A food diary is a way of recording what you eat and drink over a period of time.

As most of us are habitual in what we eat and tend to eat the same foods on a regular basis; a 3 day food diary is sufficient to capture a snap shot of your eating patterns.

For the 3 days, it is advised to select 2 week days and 1 day at the weekend, as our diary habits change at the weekend.

Using the following record sheets, ensure you write down all you eat and drink and where possible, quantity and type.

Milk : Full Fat/Low Fat/Skimmed/Soy

Yoghurt : Full Fat/Low Fat

Cheese : Full Fat/Low Fat, Hard (cheddar)/Soft

**Dairy**

Cooking Oil: Sunflower/Olive/Vegetable

Butter: Full Fat/Low Fat

Spread: Sunflower/Olive Oil based

Cream: How often………………………..

Mayonnaise: Full Fat/Light/Extra Light, Frequency/week…………….

**Fats**

Biscuits: Plain/Coated, Quantity/week…………

Cake: How Often…………….

Crisps: Regular/Light, How Often……………

Chocolate: Duo bar/normal size/fun size, Frequency/week……………

Take away: Chinese/Chipper/Indian, Frequency/month………….

**Treat Foods**

Water: How many glasses/day…………

Fizzy Drinks: Regular/diet………. Daily/weekly…………

**Drinks**

How often do you have a drink?

What would you drink?

How many drinks would you have?

**Alcohol**

Breakfast:

**Example**

Porridge, small bowl

Made with ½ water & ½ Low Fat Milk (1/2 cup)

1 handful of raisins

Cup of Tea with Low Fat Milk

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| **DAY 1** | **Hours of Sleep:** |
| **TIME** | **MEAL** | **FOOD** | **QUANTITY** | **FEELING** |
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| **DAY 2** | **Hours of Sleep:** |
| **TIME** | **MEAL** | **FOOD** | **QUANTITY** | **FEELING** |
|  |  |  |  |  |

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| **DAY 3** | **Hours of Sleep:** |
| **TIME** | **MEAL** | **FOOD** | **QUANTITY** | **FEELING** |
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