

FOOD DIARY INSTRUCTIONS:

- Record everything consumed over the seven days.
- Record the time of day/night you consume them.
- Include ALL food and beverages from waking until bedtime.
- A detailed description of all foods and beverages where possible, e.g. is the bread white, wholemeal, sourdough or rye?
- Are vegetables or fruit peeled or unpeeled?
- Is sugar white, raw, brown or are you using sweeteners like stevia or xylitol?
- Dressings and sauces – are they stock, cream or tomato based or yoghurt?
- For coffee & tea Is milk full fat, reduced fat, no fat or skim or Almond milk or Rice milk etc?
- Include sizes/amounts of food and beverages consumed e.g. small apple, large glass of apple juice, side plate of vegetables.
- Include brand names when possible especially for medications (MED's) and supplements (SUPP's).
- If the food or beverage is unusual try to your best to describe it.
- Note type of oils being used e.g. olive oil, butter, margarine.
- Include all drinks, this includes water, coffee, teas, alcohol, ice-cream and soups.
- Record any symptoms you may experience while or after eating/drinking or taking med's/supp's (use the How Bad Key at the bottom of the Food Diary).

ESTIMATING FOOD AND BEVERAGE PORTIONS

Meat, Seafood and Poultry	
Red meat	Compare size to the palm of your hand, list cup of mince or number of chops
Chicken	List type and size, e.g. breast fillet or chicken drumstick
Fish	Specify number and size of fillets (medium fillet)
Dairy and Soy Products	
Cheese	1 matchbox size cheese portion or 1 slice of cheese
Milk	Specify type: cow or soy etc, list dash or glug in tea/coffee or list small, medium or large glass/cup
Yoghurt	1 small tub or Eating from a large tub list number of tablespoons
Ice-cream	1 scoop
Fruits and Vegetables	
All fruits	List size of fruit, i.e. small, medium or large and number of fruits consumed
All Vegetables	Measure in cup sizes. E.g. 1 cup of cooked or raw vegetables
Breads, Cereals, Pasta & Grains	
Bread	List number of slices and size & number of bread rolls. E.g. 2x palm sized rolls
Pasta & Cereals	Measure in cup sizes
Grains	Measure in cup sizes
Cooking Oils & Spreads (butter, margarine etc)	
Oils	List in teaspoon or tablespoon measurements
Spreads	List if spread used thin or thick
Sugars & Sweeteners	
Sugar	List colour (white, brown) and measure in teaspoons or tablespoons
Sweeteners	List kind of sweetener (stevia) and measure in teaspoons or tablespoons
Hot and Cold Beverages	
Tea/coffee/water Juice/beer/wine	Specify small, medium or large glass/cup or number of bottles or pints
Soda/juice	Specify number of cans or bottles

FOOD DIARY		Name: _____				Start date: _____	
MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
TIME							
BREAKFAST							
DRINKS							
MED's							
SUPP's							
TIME							
SNACK							
DRINKS							
TIME							
LUNCH							
DRINKS							
MED's							
SUPP's							
TIME							
SNACK							
DRINKS							
TIME							
DINNER							
DRINKS							
MED's							
SUPP's							
TIME							
SYMPTOM							
HOW BAD							
TIME							
SYMPTOM							
HOW BAD							

How Bad Key	1 = little	2 = some	3 = medium	4 = bad	5 = very bad
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