



Food Record - Diary

Name

Address.....

.....

Postal code

Date of Birth

NHS Number

Date

FOOD RECORD - DIARY

You can use this diary to record everything you eat and drink for one week. Record each day separately on the pages provided. Try to record all food and drinks that you take, along with an approximate quantity, and the time of day they are taken. There is also space to record any medications or supplements that you take.

Example:

Day: Wednesday

Time up: 7.30am

Time to bed: 11pm

Time of Day	Description of food/drink	Amount consumed
Breakfast 8am	Cornflakes Semi-skimmed milk Water	4 tablespoons 200ml glass
Mid morning 11am	Coffee (decaf) no milk no sugar Digestive biscuit	cup 3
Lunch 1.30pm	Tuna mayo sandwich (bought) Crisps Chocolate milkshake	2 slices 1 pack 200ml bottle
Mid afternoon 3.30pm	Orange juice	glass
Evening 6pm	Cottage pie - minced beef (bought) Peas and sweetcorn Chocolate cheesecake Tea milk no sugar	2 tablespoons potato 1 tablespoon mince 2 tablespoons 2 slices (1/4 dinner plate)
Evening 9pm	Red wine	2 large glasses

Medications and Supplements taken:

Description	Time taken
Multivitamin Antacid	Before breakfast After lunch and evening meal

Day:

Time up:

Time to bed:

Time of Day	Description of food/drink	Amount consumed

Medications and Supplements taken:

Description	Time taken

Day:

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Time to bed:

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