3 Day Food Diary

This diary has been produced for you to record all that your eat and drink over a period of 3 days. Please also try to include one weekend day.

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Date:

Dietitian:

Instructions:

Please record the date and time for each day of the diary.

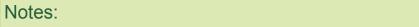


Record all food & drink throughout each day and note the quantities taken by using the following:

- 1) Standard portion e.g. 1 wheat biscuit, 1 slice of bread
- 2) Weight (in grams or ounces)
- 3) Household measures e.g. teaspoon, tablespoon, cup
- 4) Approximate size e.g. medium apple, thick slice of bread
- 5) Please include brand names, cooking method and whether foods or drinks are low fat, sugar-free or reduced calorie where possible.

Time of day	Date (Day 1):	Date (Day 2):	Date (Day 3):
	Please include type and amount as detailed in the instructions	Please include type and amount as detailed in the instructions	Please include type and amount as detailed in the instructions
Breakfast			
Mid-morning			
Lunch			
Mid-afternoon			
Evening meal			
Evening/Bedtime			
Any extras			
Notes/Comments			

Please also complete the following: Type of milk:								
Whole milk		Semi-Skimmed		Skimmed				
Type of butter/margarine/fat spread:								
Butter/margarine Other:		Low-fat sunflower		Low fat olive				
Type of fat/oil used in cooking:								
Lard dripping butter		Sunflower oil		Olive oil				
Type of bread:								
White Other:		Brown		Wholemeal				
Slice thickness:								
Thin		Medium		Thick				
Do you add the following to tea or coffee?								
Milk Sugar Sweetener		Number of teaspoons of sugar Number of teaspoons/tablets						
Soft drinks taken:								
Squash: No added sugar Fizzy: Diet/low calories								
Do you add salt in cooking?								
Yes			No					
Alcohol intake per week:								





Please complete this 3 day food diary before your appointment with the Dietitian and bring this with you to your appointment.