

3 Day Food Diary

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

Name:

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): <small>Please include type and amount as detailed in the instructions</small>	Date (Day 2): <small>Please include type and amount as detailed in the instructions</small>	Date (Day 3): <small>Please include type and amount as detailed in the instructions</small>
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 Low-fat sunflower Low fat olive
Other:.....

Type of fat/oil used in cooking:

Lard dripping butter Sunflower oil Olive oil

Type of bread:

White Brown Wholemeal
Other:.....

Slice thickness:

Thin Medium Thick

Do you add the following to tea or coffee?

Milk
Sugar Number of teaspoons of sugar.....
Sweetener Number of teaspoons/tablets.....

Soft drinks taken:

Squash: No added sugar Normal
Fizzy: Diet/low calorie Normal

Do you add salt in cooking?

Yes No

Alcohol intake per week:

.....

Notes:



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