

Food Diary

Member's Name

Date:

DAY

BREAKFAST

DRINKS / SNACKS

LUNCH

DRINKS / SNACKS

DINNER

ALCOHOL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

ADDITIONAL NOTES...

It is important that this record be both accurate and representative of your normal dietary intake. Therefore it's essential that you do not alter your normal eating habits in any way and that you record as precisely as possible. The purpose here is to correctly record and quantify your normal intake, not to judge it. If you change your eating habits in any way, then we cannot accurately analyse your typical diet.

- Start recording from the day you receive this food diary.
- It's not essential that you complete everyday, however the more information we have, the more we can help.
- If you miss meals / snacks leave blank. There's no need to add info if it's not required.
- If you've had tea, coffee, water etc... during the day you can add this into the 'Drinks / Snacks' box.
- please add any alcohol consumed in the final box at the end giving a small description of what and how much e.g. Large Glass of Red.