

Food diary

Service: Dietetic Weight Management
Telephone: 01282 804700

Why keep a diary?

Recording what, when and why can help you understand a lot about your eating and activity patterns, and areas for change.

It will help you:

- Identify your triggers for eating.
- Realise patterns in your eating or activity that you may not have noticed before
- Find which changes to your lifestyle are likely to be most useful
- See what you've achieved once you've made changes
- Monitor whether you have achieved your healthy lifestyle objectives.

How to complete Your Food Diary:

- Complete your diary for at least 3 or ideally 7 consecutive days including at least 1 weekend day prior to your appointment.
- Record as you go and the time that it happens, to improve accuracy.
- Write down everything you eat and drink in household measures, for example, 3 tablespoons cereal, 2 slices of bread, 1 teaspoon of spreading fat, 1 large mug of milky tea.
- Describe how your food was prepared or cooked, for example, 3 egg-sized new potatoes boiled, 1 chicken breast grilled, 1 egg fried in vegetable oil, 3 florets broccoli steamed.
- Use the "Notes" section to record hunger and fullness levels, why you are eating, your mood, physical activity and exercise undertaken.

**Complete your food diary and send to: dietitians@elht.nhs.uk
(please state your name, date of birth and/or NHS number in the email subject title)**

Food diary

Name: _____ DOB / NHS number: _____

Use this planner to record all meals, snacks and drinks (all nutrition that passes your lips)

| Examples of how to record your diary | Breakfast 7am 2 weetabix skimmed milk (125ml) 1 small banana pure orange juice (200ml) | Lunch 12.30pm 400g tin lentil soup 1 large wholemeal bread roll fruit yogurt (125g pot) coffee (skimmed milk) | Dinner 6pm 3 egg -sized new potatoes boiled 1 chicken breast grilled 3 florets broccoli steamed 1 teaspoon low fat spread | Snacks 11am 1 medium apple 3pm 1 packet crisps (25g) 3 coffees (skimmed milk) Water (750ml bottle) | Comments Hunger / Fullness level Craving / Stress / Bored Mood (sad content happy) 7pm Hoovering / Exercise class / Walk (45 mins) |
|--------------------------------------|--|---|---|---|---|
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |

Please email or bring completed diary to your next appointment