Recording what you are eating will help us assess how balanced your diet is.

**How to complete Your Food Diary:**

* Complete your diary for 4 days and try to include at least 1 weekend day prior to your appointment.

**Why keep a diary?**

**Food diary**

**Service: Dietetic Adult Services**

**Telephone:01282 804700**

* Record as you go, please include timings 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 the brand of your food for example, Nestle, Genius, Warburtons, supermarket brand.

**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)**

**Food diary**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_DOB / NHS number:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Use this diary to record all meals, snacks and drinks**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Examples of how to record your diary** | **Breakfast**7am gluten free porridge with skimmed milk (125ml) 1 small banana pure orange juice (200ml) | **Lunch**12.30pm 400g tin Heinz tomato soup 1 large seeded bread roll (Tesco free from), fruit yogurt (125g pot) coffee (Skimmed milk)  | **Dinner**6pm 3 egg -sized new potatoes boiled 1 chicken breast grilled3 florets broccoli steamed 1 teaspoon Sainsbury low fat spread  | **Snacks**11am 1 medium apple3pm 1 packet Seabrook crisps (25g) 3 coffees (skimmed milk) Water (750ml bottle) | **Drinks/Fluid**Cadbury’s hot chocolate 1 glassWater 4 glassesSemi- skimmed milk 1 glass4 cups of tea |
| Day 1 |  |  |  |  |  |
| **Day 2** |  |  |  |  |  |
| **Day 3** |  |  |  |  |  |
| **Day 4** |  |  |  |  |  |

**Please email or bring completed diary to your next appointment.**