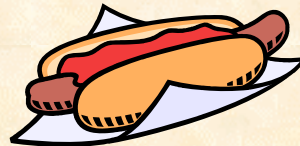


This Food Diary Belongs To:

Class:



Please record all food eaten on:



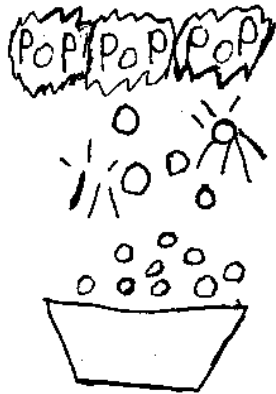



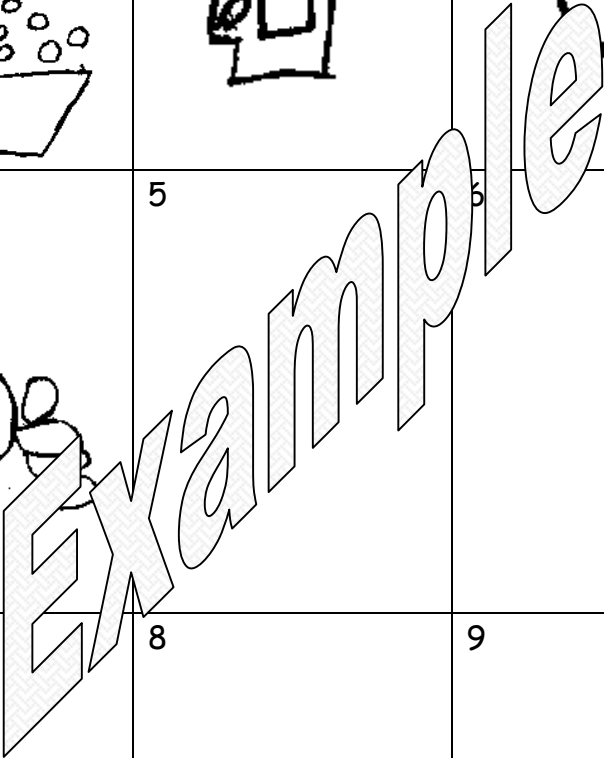
Developed by the Centre for Public Health
Nutrition Research at the University of
Dundee

Example diary page:

Time	Description of food or drink	To be filled in by the nutritionist		
7:30	rice Krispies			
7:30	full fat milk			
7:30	apple			
7:45	Bread			

Example

You may also draw your food or drink if you like

1. 	2. 	3. 
4. 	5. 	6.
7.	8.	9.

You may also draw your food or drink if you like

1	2	3
4	5	6
7	8	9

You may also draw your food or drink if you like

1	2	3
4	5	6
7	8	9

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1	2	3
4	5	6
7	8	9

You may also draw your food or drink if you like

1	2	3
4	5	6
7	8	9

Notes / recipes:

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Instructions for filling in the diary

- ▶ Please record everything you eat and drink over the three days.
- ▶ Try to write each food or drink item on a separate line.
- ▶ Please give as much detail as possible about the foods you eat. For example how was it cooked, or if you ate a sandwich did you have white or brown bread, margarine or butter?
- ▶ There is no need to record the amount you eat, as we will show you pictures of each food to help you work this out.
- ▶ You may draw the food or drink if you prefer.

If you have any questions about filling in the food diary or any other part of the project please contact me during the day on 01382 496 788.

Thank you,

Angela Craigie