

Acknowledgments must be given to the Children's Nutrition Centre, University of Queensland, Australia if this questionnaire is used or modified



Do you think that you have eaten as you would do usually? YES
NO

If NO, then why not? e.g. were you ill, on holiday, etc.

.....
.....
.....

Please look after your food diary.

It is important that you bring it back to clinic on your next appointment. .

Thank you for completing the food diary, it is really appreciated and we hope that you found it interesting.

FOOD DIARY

Eat Smart Study

Name:

Class Date of Birth

Day 1:

Day 2:

Day 3:

For Office use

Id No /	Food diary no.
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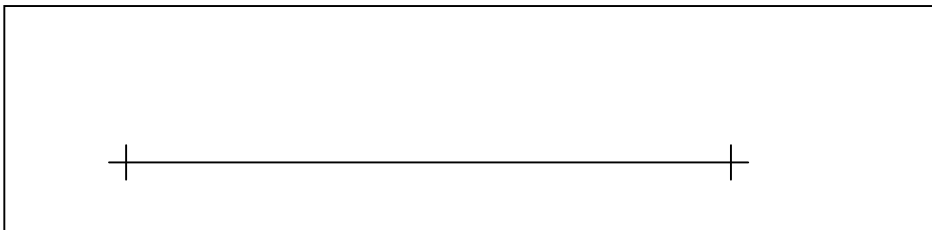
A food diary is a really useful way of learning about your food habits. When you are making changes to your diet it is a way of checking how you are going. People who keep food diaries regularly tend to be more successful in managing their weight.

INSTRUCTIONS

1. Write down **everything** (except plain water) that you **eat and drink**, no matter how small the amount.
2. Give as much information as possible about the foods and drinks you eat. It is very useful if you include:
 - Brand name e.g. Home Brand chips, Cadburys Rocky Road chocolate bar
 - Food weight where known. Try looking on the packaging for this.
 - How the food was cooked e.g. fried, grilled, raw etc. You may need to ask your parents for help with this.
3. Estimating food weights:
 - Give an idea of the amount of the food eaten e.g. cheese cubes-2 x matchbox size
 - Use household measures such as spoonfuls e.g. teaspoon, serving spoon, or cups. If you are eating at home then ask your parents to help with this.

HUNGER


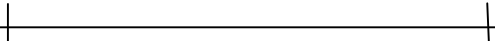
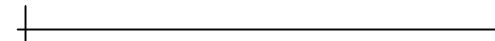
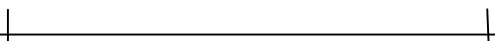
We often eat when we are not hungry. It is possible when you change what you are eating you may feel more or less hungry than normal. There is a line in your diary for you to mark with an 'X' how hungry you are before you eat anything. You may be at either end of the line or somewhere along the line.




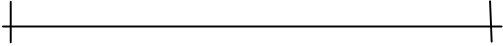
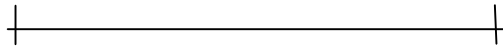
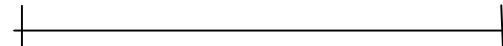
REMEMBER

It is very easy to forget what you have eaten so carry your diary with you and try to write things down while eating.


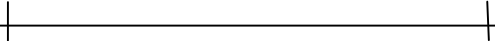
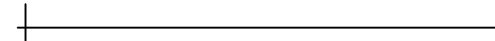
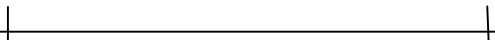
Day and date _____

Time	Hunger	Food and drink Please include: as much detail as possible e.g. brand name, flavour, packet weight, cooking method, 	Amount eaten Remember to include any leftover food	Office Use
	How hungry do you feel at this instance? 			
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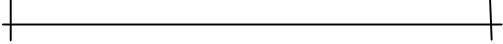
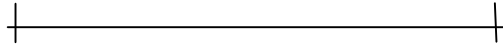
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