

Diet Diary

Use this diary to keep a record of your diet and activity.

Name:

Date:

Unit Number:

Dietitian:

Nutrition and Dietetic Service

New Cross Hospital

Wolverhampton

Telephone: 01902 695335



Dr. Hans Clean says "The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.**
- **If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.**
- **Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure".**

Why keep a diet and activity diary?

Keeping a diary can help you to look at what you eat and drink in a logical way. It helps you to see where you need to make changes to your eating pattern and activity and will enable us to give you appropriate advice.

Tips on how to complete your diet diary

Complete the diary for days, if possible include a weekend.

Fill the diary in throughout the day, relying on memory often means that you miss out vital information.

Include all meals, snacks, drinks and other prescribed products. Remember to include everything you eat/drink when outside the home

Include details on how food is prepared

e.g. Has margarine been added to mashed potato?

Try to give details on the type of food

e.g. Is milk full-fat, semi-skimmed or fully skimmed?

Try to record the amount of each food eaten. Use household measures e.g. slices of bread, tablespoons of..... There is no need to use scales to weigh food out.

If possible bring labels with nutrition information from any ready meals and other packaged foods eaten.

An example of a food diary is given on the next page.

Example of how to fill out your food diary

Date:	Amount and Type of Food and Drink
Breakfast Time:	1 Weetabix + ½ cup whole milk 1 large thick sliced wholemeal toast + thickly spread butter + 1 teaspoon marmalade 1 mug coffee + 2 teaspoons sugar and whole milk
Mid Morning Time:	1 mug hot chocolate made with water 2 shortcake biscuits + 2 chocolates offered by a friend
Midday Meal Time:	Ham sandwich - 2 slices white bread + thickly spread butter + 2 slices wafer thin ham 1 packet crisps Pear
Mid Afternoon Time:	1 mug coffee + 2 teaspoons sugar and whole milk Thick slice fruit cake 1 packet polo mints on the way home in the car
Evening Meal Time:	1 pork chop - grilled, ate the fat Apple sauce - 2 tablespoons, 2 scoops mashed potato + butter, 2 tablespoons green beans Tinned rice pudding - 1 small bowl
Bedtime Time:	1 mug Ovaltine made with water + 2 digestive biscuits Ate a slice of pizza and 2 slices garlic bread from son's takeaway meal

Please record any activity you take during the day.

For example, heavy digging in the garden, walking the dog, cleaning the windows, swimming, cycling.

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Breakfast			
Time:			
Mid Morning			
Time:			
Midday Meal			
Time:			
Mid Afternoon			
Time:			
Evening Meal			
Time:			
Bedtime			
Time:			

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Bedtime			
Time:			

Please record any exercise you take during the day:

If you require this document in an alternative format e.g., larger print, different language etc., please inform one of the healthcare staff.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਦਸਤਾਵੇਜ਼ ਕਿਸੇ ਹੋਰ ਢੰਗ ਵਿੱਚ ਜ਼ਰੂਰਤ ਹੈ, ਜਿਵੇਂ ਕਿ ਵੱਡੇ ਫੋਂਟ, ਵੱਖਰੇ ਭਾਸ਼ੇ ਵਿੱਚ ਆਦਿ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇੱਕ ਸਿਹਤ ਸੇਵਾ ਸ਼ਾਬਦਕੀ ਸੇਵਾ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

Polish

Aby uzyskać niniejszy dokument w innym języku lub formacie, np. pisany dużą czcionką, itp., prosimy skontaktować się z przedstawicielem personelu medycznego.

Russian

Если данный документ требуется Вам в альтернативном формате, например крупным шрифтом, на другом языке и т.п., просьба сообщить об этом одному из сотрудников здравоохранения.

Lithuanian

Jei pageidaujate šį dokumentą gauti kitu formatu, pvz., padidintu šriftu, išverstą į kitą kalbą ir t. t., prašėkite apie tai sveikatos priežiūros darbuotojui.

Kurdish

ئەگەر تۆم بەئێوەداوە بە شێوازیکی دیکە دەخوازێت بۆ نموونه چۆنی گۆڕدەر، ز سانیکی دیکە خێر، نکتیە بەکۆمەڵە کۆمەڵە سەرپەرشتی ئەندروستی نەگداز بەگۆڕدەر.



www.nhsdirect.nhs.uk

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Whenever you need health advice and information

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