



## FOOD DIARY

I would like you to keep this diary of everything you eat and drink over the next seven days.

It is very important that you do not adjust what you eat and drink just because you are keeping a record. Please continue to eat as you normally would.

As you will see, each day is marked in sections, beginning with the first thing in the morning and ending with bedtime. For each part of the day write down all food and drink consumed, the amounts (1 portion is 1 fist full of food), and a description if necessary. If nothing is eaten or drunk during a part of the day, draw a line through that section. Record everything at the time of eating, not from memory at the end of the day. Use extra paper if necessary.

Where applicable, please list amounts of ingredients and brand names. For recipes, take-away meals etc. please indicate amount/proportion actually consumed by yourself.

Eg.

**Breakfast:**

Yoghurt, Somerset, Loganberry, Sainsbury's – 1 pot/150g

Tangerines, Fresh, Raw – 1 oz/28g

Sugar, White – 1 tsp/4g

**Exercise:**

Include all daily physical activity and any formal exercise sessions. Eg. Walking/stair climbing/jogging. Include the duration of the activity and the approx time of the activity.

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**Day 2:**

Meal	Food/Drink	Quantity	Exercise	Cals	Prot	Carb	Fat	Fibre
Before Breakfast								
Breakfast								
Before Lunch								
Lunch								
Before Dinner								
Dinner								





# TRUE vitality

Snacks								
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## Day 3:

Meal	Food/Drink	Quantity	Exercise	Cals	Prot	Carb	Fat	Fibre
Before Breakfast								
Breakfast								
Before Lunch								
Lunch								
Before Dinner								
Dinner								





# TRUE vitality

Snacks								
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## Day 4:

Meal	Food/Drink	Quantity	Exercise	Cals	Prot	Carb	Fat	Fibre
Before Breakfast								
Breakfast								
Before Lunch								
Lunch								
Before Dinner								
Dinner								

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# TRUE vitality

Snacks								

**Day 5:**

Meal	Food/Drink	Quantity	Exercise	Cals	Prot	Carb	Fat	Fibre
Before Breakfast								
Breakfast								
Before Lunch								
Lunch								
Before Dinner								
Dinner								





# TRUE vitality

Snacks								

