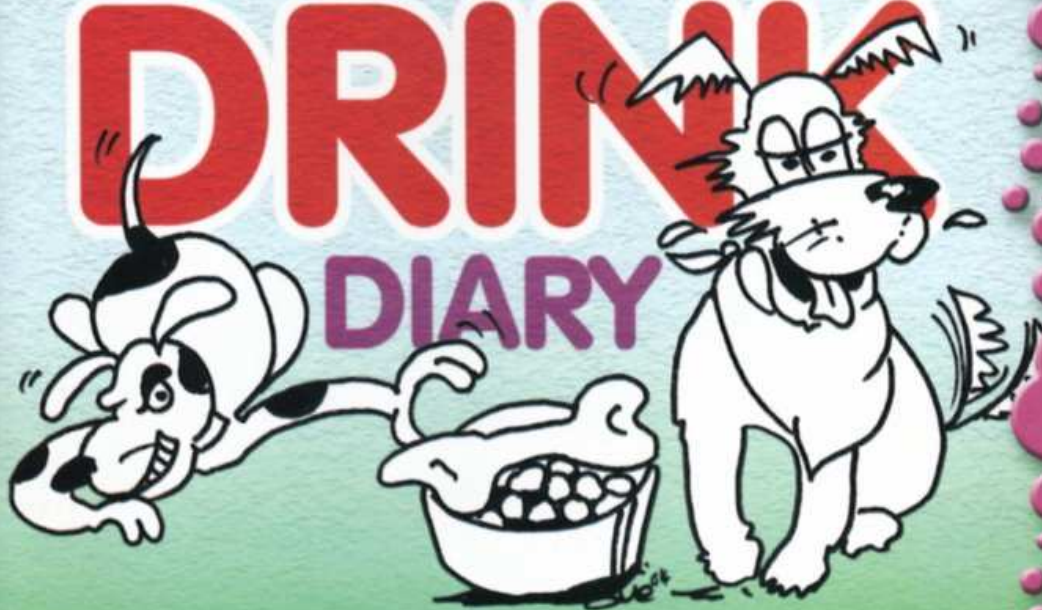


CHILDREN  
OF THE  
90s

3 DAY  
3 DAY  
3 DAY

# FOOD & DRINK DIARY



Please complete  
this diary and bring  
it along with you to  
Teen Focus 2

If this questionnaire is used or modified  
acknowledgments must be given to Avon  
Longitudinal Study of Parents and Children  
(ALSPAC), University of Bristol

# What do you eat and drink?

Knowing what teenagers like you eat and drink could help our scientists with important research.

It would really help if you could keep a record in this diary of everything you eat and drink for 3 days:

- Please choose 2 weekdays and 1 day at the weekend.
- The days don't have to be one after the other.
- Don't forget to write in what you drink - including water.

**Just eat what you normally do!** Don't try to eat any differently from usual - no-one is going to judge you. Our scientists want to know what teenagers really eat, not what they're supposed to!

## How to fill in the diary:

- Write down the day of the week and date first
- Each day is divided into meals. For each meal write:
  - The time
  - What you ate and drank. Please use a new line for each food or drink.
  - The amount you ate.
  - How much food was left over when you finished.
  - Where you ate.
- At the end of each day there is a space to write down any extras, between-meal snacks and things you forgot to put down earlier!

**Look at the example.** Over the page you'll see we've filled in a whole day to show you what to do.

**Don't leave it till the end of the day!** It'll be easier if you keep your diary handy and write everything down as you go along.

**Please bring your completed diary with you when you come to Teen Focus 2.** A nutritionist will talk it through with you, just to check the facts. They won't be telling you what you should and shouldn't eat!



It can be difficult to describe exactly what you are eating and how much - but do your best! Here are some examples to help you. By the way, tablespoons are the large spoons used for serving food.

WHAT YOU ATE	HOW TO DESCRIBE IT	HOW TO DECIDE HOW MUCH
Breakfast cereal	What type? (e.g. cornflakes) Did you have milk with it? Was it whole milk, semi-skimmed or skimmed? Did you add sugar? How many teaspoons?	Say how many heaped tablespoons of cereal, or just say how much of the bowl is filled.
Burgers	Are they beef, chicken or turkey? In a bun or not? Any extras like cheese or relishes? From a take-away or cooked at home? Fried or grilled?	How many burgers? How big - regular or quarter-pounder?
Yogurt	What brand? Is it fruit, natural, or a "corner" type with an added extra, e.g. toffee hoops? Is it low fat, Greek, extra creamy or diet?	What size of carton? Write down the weight printed on the carton - or just say small, medium or large.
Meals like pasta in sauce, stew or chilli con carne	Try to say what is in the meal. For example - pasta shells in tomato sauce with melted cheese on top. Or stew made of beef, carrots and onions.	Say how many heaped tablespoons, or how much of the plate the food covered - half, three-quarters or the whole plate?

# EXAMPLE DAY

DATE 17 August 2005

DAY OF WEEK Wednesday

AM

MEAL	WHAT YOU EAT & DRINK
<b>BREAKFAST</b> Time: 8.30am	Cornflakes with semi-skimmed milk and sugar White bread toasted, with flora Orange Juice
<b>MID MORNING</b> Time: 11am	Water
<b>LUNCH</b> Time: 12.30pm	Cheese Sandwich made with White Bread Cheddar Cheese Apple, Eat Skin Penguin Ribena Sugar Free

HOW MUCH?	ANYTHING LEFT OVER?	WHERE U EAT
1 Large Bowl Filled up the bowl 2 Teaspoons 2 Slices 1 Big Glass	Nothing A lot of milk left Crusts Nothing	At Home
1 Glass		At School
2 Slices of Bread 2 Slices Cheese 1 1 1 Carton	Crusts Nothing Nothing Nothing Nothing	At School



Turn the page  
for the rest of  
the day!

# EXAMPLE DAY

# PM

MEAL	WHAT YOU EAT & DRINK
<b>TEA TIME</b> Time: 4.30 pm	Cup of Tea, with sugar semiskimmed milk  Bourbon Biscuits
<b>EVENING MEAL</b> Time: 6.30 pm	Roast Chicken Roast Potatoes Broccoli Carrots Gravy  Apple Crumble Ice Cream Diet Coke
<b>BEDTIME</b> Time: 9 pm	Milk Digestives, plain
<b>EXTRAS</b>	Chewing Gum

HOW MUCH?	ANYTHING LEFT OVER?	WHERE U EAT
1 Cup 1 teaspoon  2	A Little	At Gran's
2 Slices 2 1 Tablespoon 2 Tablespoons 3 Tablespoons  3 Tablespoons 2 Scoops 2 Glasses	The Skin Nothing A Little Bit Nothing Nothing  Nothing Nothing Nothing	At Home
1 Glass 2	A bit Nothing	At Home
2 Pieces		

I ate MORE than usual today   
 I ate LESS than usual today

I ate about the same as USUAL today

Don't forget Drinks!



# DAY ONE

DATE

DAY OF WEEK

# AM

MEAL	WHAT YOU EAT & DRINK
Time: ..... <b>BREAKFAST</b>	
Time: ..... <b>MID MORNING</b>	
Time: ..... <b>LUNCH</b>	

HOW MUCH?	ANYTHING LEFT OVER?	WHERE U EAT

## THREE Day DIETARY Diary



Turn the page for the rest of the day!

# DAY ONE

# PM

MEAL	WHAT YOU EAT & DRINK
Time: ..... <b>TEA TIME</b>	
Time: ..... <b>EVENING MEAL</b>	
Time: ..... <b>BEDTIME</b>	
<b>EXTRAS</b>	

HOW MUCH?	ANYTHING LEFT OVER?	WHERE U EAT

I ate MORE than usual today   
I ate LESS than usual today

I ate about the same as USUAL today

Don't forget Drinks!



# DAY TWO

DATE

DAY OF WEEK

# AM

MEAL	WHAT YOU EAT & DRINK
Time: ..... <b>BREAKFAST</b>	
Time: ..... <b>MID MORNING</b>	
Time: ..... <b>LUNCH</b>	

HOW MUCH?	ANYTHING LEFT OVER?	WHERE U EAT

## THREE Day DIETARY Diary



Turn the page for the rest of the day!

# DAY TWO

# PM

MEAL	WHAT YOU EAT & DRINK
Time: ..... <b>TEA TIME</b>	
Time: ..... <b>EVENING MEAL</b>	
Time: ..... <b>BEDTIME</b>	
<b>EXTRAS</b>	

HOW MUCH?	ANYTHING LEFT OVER?	WHERE U EAT

I ate MORE than usual today   
I ate LESS than usual today

I ate about the same as USUAL today

Don't forget Drinks!



# DAY THREE

DATE

DAY OF WEEK

# AM

MEAL	WHAT YOU EAT & DRINK
<b>BREAKFAST</b> Time: .....	
<b>MID MORNING</b> Time: .....	
<b>LUNCH</b> Time: .....	

HOW MUCH?	ANYTHING LEFT OVER?	WHERE U EAT

## THREE Day DIETARY Diary



Turn this page for the rest of the day!

# DAY THREE

# PM

MEAL	WHAT YOU EAT & DRINK
Time: ..... <b>TEA TIME</b>	
Time: ..... <b>EVENING MEAL</b>	
Time: ..... <b>BEDTIME</b>	
<b>EXTRAS</b>	

HOW MUCH?	ANYTHING LEFT OVER?	WHERE U EAT

I ate MORE than usual today   
I ate LESS than usual today

I ate about the same as USUAL today

## BRILLIANT - YOU'VE DONE IT!



A large crowd of diverse people, including men, women, and children of various ethnicities, are arranged in a dense grid to form a large heart shape. The background is a gradient of blue and white, with a yellow scalloped border on the left side.

**THANK YOU!**

**Your answers can change  
The World**

**[www.childrenofthe90s.org](http://www.childrenofthe90s.org)**