

Name:

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

Food Diary



Centre for Public Health
Nutrition Research

If you have any questions or problems about what you have to do, please do not hesitate to contact

Start Date

Weight at Start (kg)

Weight at End (kg)

Average Weight (kg)

BMR

Date & Time

Date & Time

GENERAL INFORMATION

1. What type of milk do you usually use?
2. Do you take milk in tea?
3. Do you take milk in coffee?
4. Do you take sugar in tea?
If YES how much per cup?
5. Do you take sugar in coffee?
If YES how much per cup?
6. What type of bread do you usually eat?
7. What type of spread do you usually add to your bread?
Brand?
8. Do you add salt at the table?
9. Do you take vitamin or mineral supplements?
What kind?
10. Did you make any changes to your diet over the 24 hours as a result of having to record what you ate/drank?
11. Did you have any problems filling in your food diary?
12. Were there any foods that you did not eat as a result of having to record what you ate, if so why?
13. How active were you?
14. Was your pattern of activities fairly typical?

INSTRUCTIONS FOR COMPLETING FOOD DIARY

1. To be able to find out about all the nutrients in the foods you eat, please give a detailed description of everything you eat and drink over the next 7 days.
2. Give a detailed description of each food item, including brand names where possible, and remember to record the method of cooking, e.g. boiled, deep fried, stewed, grilled etc., and the amount and type of fat you use for cooking, or add at the table. Some more detailed advice is given in the next few pages.
3. Collect the labels / wrappers of packaged foods and drinks where possible to assist with analysis.
4. It is very important that you do not alter your eating habits whilst you are filling in this diary. This is so that you can make an accurate analysis of your usual diet.
5. Record only **ONE FOOD OR DRINK ITEM PER LINE**, use as many pages as you need for a day, and start a **NEW PAGE FOR EACH DAY**.

