



24 HOUR DIET RECALL

Your answers will be treated as strictly confidential, and will be used only for medical research.

If you have any queries, or if the name and the address on the envelope are not correct, please 'phone 0800 616911. This is a free 'phone number and will cost you nothing. You can call it any time of the day or night, or at weekends, as there is an answering machine. Someone will deal with your query and get back to you as soon as they can.

PLEASE COMPLETE USING BLACK PEN/INK

PLEASE POST THE COMPLETED
QUESTIONNAIRE IN THE FREEPOST
ENVELOPE PROVIDED.

**THANK YOU FOR YOUR VALUABLE
CONTRIBUTION TO THIS IMPORTANT
MEDICAL RESEARCH.**

We would like to collect a record of what you ate yesterday, in the last 24 hours, from waking to sleeping.

- a. Please write down ALL the food and drink consumed during the day, including snacks, "nibbles", plus sweets and drinks. Include any sauces, dressings or extras, e.g., tomato sauce, gravy, salad dressings, etc., eaten at meals. You may find it easier to remember under headings, such as 'Early morning', 'Breakfast', 'During morning', 'Midday', 'During afternoon', 'Evening meal', and 'During late evening'.

Please include as much detail as possible, e.g.,

- 1) Approximate time
 - 2) Quantity or amount eaten, e.g., '6 tablespoons', '1 cup', '1 slice', etc.
 - 3) Type of food, e.g., 'milk, silvertop'.
 - 4) Method of cooking, e.g., 'potatoes, roasted in dripping'.
 - 5) Please indicate if fresh, frozen or tinned, where appropriate.
 - 6) Please give brand name where possible, e.g., 'Campbells mushroom soup'.
- b. Please use extra sheets if you do not have room to complete your day's meals.
- c. An example of a diary for part of a day is given below.

24 HOUR RECORD

Time	Quantity eaten	Details of food and drink
6.30am	2 mugs	tea
	4oz	silver top milk
	4 teaspns	white sugar
7.30am	2 thick slices	Sunblest white toast
	2 teaspns	Anchor butter (thin spread)
	4 teaspns	Robertsons Silver Shred marmalade
	1	mug tea
	2oz	silver top milk
	2 teaspns	white sugar
10am	2 x 60g	"Twix" chocolate bars
	1 cup	instant coffee with silver top milk
	2 teaspns	white sugar
12.30pm	1/4 large plate	home made steak & kidney pie with short crust pastry, 1 crust
	3	large potatoes mashed with Anchor butter, milk and salt
	4 tblspns	home grown spring cabbage, boiled for 15 minutes, butter added
	3 tblspns	Bramley apples stewed 10 minutes with sugar

This is the end of the example. Please fill in your record on the next page.

