



Focus10+



3 DAY

Dietary DIARY

Please complete this Diary and bring it along with you to the Focus10+ visit

Number



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



Now that you are 10+ years old we are interested in finding out what you eat and drink.

**For 3 days we would like you to write down everything that you eat and drink
and any medicine that you take, using this diary.**

We would like you to fill in the diary on 2 weekdays and 1 day at the weekend.

Please try and fill it in for all the days, but if you can't don't worry. Just fill in what you can.

Ask an adult to help you if you like.

**Try to write down what you eat and drink as you go through the day, this will help you to remember. We
have given some meal headings, as examples, to help you.**

For each page you need to do just 4 things.....

1. Please write down the day and date that you are filling in the diary page for.
2. Then what time you eat or drink something.
3. Please write down everything that you had to eat or drink.
4. After each meal, write down anything that was left over.

Please remember to write down snacks, sweets, cans of drinks or medicines that you had. You may have eaten some foods between meals - write them down at the bottom of the page in the spare space.

Please tell us as much as you can about anything you eat at school dinner (if you have it). Remember to tell us if you don't finish it all or if you have second helpings.

Please ask the person who does the cooking to write down what went into the food at home. For example, spaghetti bolognaise made with lean beef mince, carrots, onions, canned tomatoes and spaghetti.

On page 3 (below) there is an example, which may help you to fill in your diary....

DAY 1Day WednesdayDate 13th February 2002

| Time | Tell us about what sort of foods and drinks you had today. How much did you have and at what time? | Did you finish all the foods and drinks? How much was left? |
|---|--|--|
| BREAKFAST Time: <u>8.00am</u> | <u>Cornflakes - Half full cereal bowl with full fat milk.</u> <u>1 slice of bread, medium sliced, toasted and spread thinly with Flora.</u> <u>1 glass of orange juice.</u> | <u>I left the crusts.</u> |
| MID MORNING Time: <u>11.00am</u> | <u>Carton of Ribena.</u> <u>1 banana.</u> | |
| LUNCH Time: <u>12.30pm</u> | <u>2 slices of white bread, medium sliced, spread thinly with Flora.</u> <u>1 slice of ham, 2 thin slices of Cheddar cheese.</u> <u>1 Penguin</u> <u>1 bag of Wotsits.</u> <u>1 glass of Diet Coke</u> | <u>I left the crusts.</u> <u>I left half the bag of Wotsits.</u> |
| MID AFTERNOON Time: <u>3.45pm</u> | <u>1 Glass of full fat milk.</u> <u>1 fun size mars bar.</u> | |
| EVENING MEAL Time: <u>6.00pm</u> | <u>3 fish fingers (fried in sunflower oil).</u> <u>2 dessertspoons of potato mashed with Flora and full fat milk.</u> <u>1 dessertspoon of frozen peas, 1 teaspoon of tomato ketchup.</u> <u>Cup of tea with milk and 1 teaspoon of sugar.</u> <u>Half a bowl of apple crumble.</u> <u>3 dessertspoons of custard (made with semi skimmed milk, sugar and custard powder)</u> | <u>I left half a fish finger.</u> <u>I left 5 peas.</u> <u>I left 1/4 cup.</u> |
| BEDTIME Time: <u>8.00pm</u> | <u>I ate nothing at bedtime.</u> | |

Now write in below, anything you have forgotten or eaten between meals. What about chocolates, sweets, crisps, ice cream and medicines?

| | | |
|---------------|-----------------------|--|
| <u>7.15pm</u> | <u>2 Opal Fruits.</u> | |
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| | | |

| Time | Tell us about what sort of foods and drinks you had today. How much did you have and at what time? | Did you finish all the foods and drinks? How much was left? |
|-------------------------------------|---|--|
| MID AFTERNOON Time: | | |
| EVENING MEAL Time: | | |
| BEDTIME Time: | | |

Now write in below, anything you have forgotten or eaten between meals. What about chocolates, sweets, crisps, ice cream and medicines?

| | | |
|---|---|---|
| | | |
|---|---|---|

Did you eat more or less than usual today? Yes No
 (if Yes go to page 11 of your diary)

| Time | Tell us about what sort of foods and drinks you had today. How much did you have and at what time? | Did you finish all the foods and drinks? How much was left? |
|-------------------------------------|---|--|
| MID AFTERNOON Time: | | |
| EVENING MEAL Time: | | |
| BEDTIME Time: | | |

Now write in below, anything you have forgotten or eaten between meals. What about chocolates, sweets, crisps, ice cream and medicines?

| | | |
|--|---|---|
| | | |
|--|---|---|

Did you eat more or less than usual today? Yes No
 (if Yes go to page 11 of your diary)



Are You a Member?

**It's great fun and there's lots to do.
If you're not a member why not write to us
with your name and address details
and we'll do the rest.**

**The first thing you'll get is a
"Starter Pack" which includes the
Discovery Club Fact Finder Booklet,
a Badge and lots of things to do!**

We look forward to hearing from you

DAY 1

A. I ate more than usual: Yes (if yes, tell us why below) No (if no, go to part B)

I ate more because (i) I went to a party (ii) I went out to a meal (iii) Other, please describe

.....

B. I ate less than usual: Yes (if yes, tell us why below) No

I ate less because: (i) I was feeling ill (ii) I was not hungry (iii) Other, please describe

.....

DAY 2

A. I ate more than usual: Yes (if yes, tell us why below) No (if no, go to part B)

I ate more because (i) I went to a party (ii) I went out to a meal (iii) Other, please describe

.....

B. I ate less than usual: Yes (if yes, tell us why below) No

I ate less because: (i) I was feeling ill (ii) I was not hungry (iii) Other, please describe

.....

DAY 3

A. I ate more than usual: Yes (if yes, tell us why below) No (if no, go to part B)

I ate more because (i) I went to a party (ii) I went out to a meal (iii) Other, please describe

.....

B. I ate less than usual: Yes (if yes, tell us why below) No

I ate less because: (i) I was feeling ill (ii) I was not hungry (iii) Other, please describe

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ALSPAC

Avon Longitudinal
Study of Parents
and Children



If you have any
questions about filling
in this diary,
give us a ring on
0117 928 8793

ALSPAC is a research initiative of the Unit of Paediatric & Perinatal Epidemiology, Institute of Child Health, University of Bristol.