

**NATIONAL DIET AND NUTRITION SURVEY**

***Food and Drink Diary  
Instructions***

We advise that the use of this document in other research projects should acknowledge the source as Medical Research Council Collaborative Centre for Human Nutrition Research (MRC-HNR).



## NATIONAL DIET AND NUTRITION SURVEY

# *Food and Drink Diary Instructions*

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If you have any queries about how to complete the diary please contact a member of the NDNS Team at NatCen on freephone **0800 652 4572** between 8.30am-5.30pm.

## PLEASE READ THROUGH THESE PAGES BEFORE STARTING YOUR DIARY

We would like you to keep this diary of everything you eat and drink over 4 days. Please include all food consumed at home and outside the home e.g. work, college or restaurants. It is very important that you do not change what you normally eat and drink just because you are keeping this record. Please keep to your usual food habits.

### Day and Date

Please write down the day and date at the top of the page each time you start a new day of recording.

### Time Slots

Please note the time of each eating occasion into the space provided. For easy use each day is divided into sections, from the first thing in the morning to late evening and through the night.

### Where and with whom?

Please tell us what **room or part of the house** you were in when you ate, e.g. kitchen, living room, and tell us **whether you ate at a table or not** and **whether you were watching television**. If you ate at your work canteen, a restaurant, fast food chain or your car, write that location down.

We would also like to know **who you share your meals with**, e.g. whether you eat alone, with your partner, children, colleagues, or friends.

### What do you eat?

Please describe the food you eat in as much detail as possible. Be as specific as you can. Pages 28 - 33 will help with the sort of detail we need, like **cooking methods** (fried, grilled, baked etc) and any **additions** (fats, sugar/sweeteners, sauces, pepper etc).

#### □ Homemade dishes

If you have eaten any **homemade dishes** e.g. chicken casserole, please record the name of the recipe, ingredients with amounts (including water or other fluids) for the whole recipe, the number of people the recipe serves, and the cooking method. Write this down in the recipe section at the end of the record day. Record how much of the whole recipe you have eaten in the portion size column (see examples on pages 4 - 27).

#### □ Take-aways and eating out

If you have eaten **take-aways** or **made up dishes not prepared at home** such as at a restaurant or a friend's house, please record as much detail about the ingredients as you can e.g. vegetable curry containing chickpeas, aubergine, onion and tomato.

### Brand name

Please note the **brand name** (if known). Most packed foods will list a brand name, e.g. Bird's eye, Hovis, or Supermarket own brands.

#### □ Labels/Wrappers

Labels are an important source of information for us. It helps us a great deal if you enclose, in the plastic bag provided, labels from all **ready meals**, labels from **foods of lesser known brands** and also from any **supplements** you take.

## **Portion sizes**

Examples for how to describe the **quantity** or **portion size** you had of a particular food or drink are shown on pages 28 - 33.

For foods, quantity can be described using:

- **household measures**, e.g. 1 teaspoon (tsp) of sugar, 2 thick slices of bread, 4 tablespoons (tbsp) of peas, ½ cup of gravy. Be careful when describing amounts in spoons that you are referring to the correct spoon size. Compare the spoons you use with the life size pictures at the back of this diary.
- **weights from labels**, e.g. 4oz steak, 420g tin of baked beans, 125g pot of yoghurt
- **number of items**, e.g. 4 fish fingers, 2 pieces of chicken nuggets, 1 regular size jam filled doughnut
- **picture examples** for specific foods on pages 34 - 36.

For drinks, quantity can be described using:

- the **size of glass, cup etc** (e.g. large glass) or the **volume** (e.g. 300ml). Examples of typical drinks containers are on 38 – 39.
- **volumes from labels** (e.g. 330ml can of fizzy drink).

We would like to know the **amount that was actually eaten** which means taking **leftovers** into account. You can do this in two ways:

1. Record what was served and note what was not eaten e.g. 3 tbsp of peas, only 2 tbsp eaten; 1 large sausage roll, ate only ½
2. Only record the amount actually eaten i.e. 2 tbsp of peas; ½ a large sausage roll

## **Was it a typical day?**

After each day of recording you will be prompted to tell us whether this was a typical day or whether there were any reasons why you ate and drank more or less than usual.

## **Supplements**

At the end of each recording day there is a section for providing information about any supplements you took. Brand name, full name of supplement, strength and the amount taken should be recorded.

## **When to fill in the diary**

**Please record your eating as you go, not from memory** at the end of the day. Use written notes on a pad if you forget to take your diary with you. Each diary day covers a 24hr period, so please include any food or drinks that you may have had during the night. Remember to include foods and drinks between meals (snacks) including water.

Overleaf you can see **examples of 4 days** that have been filled in by different people. These examples show you how we would like you to record your food and drink, for example a ready meal and a homemade dish.

**It only takes a few minutes for each eating occasion!**

**Thank you for your time – we really appreciate it!**

<b>Day</b> <i>Thurs</i>		<b>Date</b> <i>31 March</i>		
<b>Time</b>	<b>Where? With whom? TV on? Table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand Name</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>6am to 9am</b>				
<i>6.30 am</i>	<i>Kitchen Alone No TV Not at table (standing)</i>	<i>Filter coffee, decaffeinated milk (fresh, semi-skimmed) Sugar white</i>	<i>Douwe Egberts  Silterspoon</i>	<i>Mug A little 1 level tsp</i>
<i>7.30 am</i>	<i>Kitchen Partner TV on At table</i>	<i>Filter coffee with milk and sugar Cornflakes Milk (fresh, semi-skimmed) Toast, granary medium sliced Light spread Marmalade</i>	<i>As above Tesco's own  Hovis Flora Hartleys</i>	<i>As above 1B drowned 1 slice med spread 1 heaped tsp</i>
<b>9am to 12 noon</b>				
<i>10.15 am</i>	<i>Office desk Alone</i>	<i>Instant coffee, not decaffeinated Milk (fresh, whole) Sugar brown</i>	<i>Kenco</i>	<i>Mug A little 1 level tsp</i>
<i>11 am</i>	<i>Office desk Alone</i>	<i>Digestive biscuit – chocolate coated on one site</i>	<i>McVities</i>	<i>2</i>

<b>Time</b>	<b>Where? With whom? TV on? Table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand Name</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>12 noon to 2pm</b>				
12.30 pm	Work tea room With colleagues	Ham salad sandwich from home Bread, wholemeal, thick sliced Light spread  Low fat Mayonnaise Smoked ham thinly sliced Lettuce, iceberg Cucumber with skin  Unsweetened orange juice from canteen  Apple with skin from home, Braeburn	Tesco's own Flora  Hellmans Tesco's own  Tropicana	2 slices thin spread on 1 slice  2 teaspoons 2 slices 1 leaf 4 thin slices  250ml carton  medium size, core left
<b>2pm to 5pm</b>				
3 pm	Meeting room With supervisor	Tea, decaffeinated Milk (fresh, whole) Jaffa cake – mini variety	Twinnings Tesco's own McVities	Mug Some 6

<b>Time</b>	<b>Where? With whom? TV on? Table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand Name</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>5pm to 8pm</b>				
6.30 pm	Pub, partner	Gin Tonic water diet Lager Salted peanuts	Gordon's Schweppes Draught KP	Single measure 1/2 small glass 1 pint 1 handful
8 pm	Dining room Family TV off At table	Spaghetti, wholemeal Bolognese sauce (see recipe) Courgettes (fried in butter) Tinned peaches in juice (juice drained) Single cream UHT  Orange squash No Added Sugar	Tesco's own  Prince's  Sainsbury's own	3b 6 tablespoons 4 tablespoons 3 halves 1 tablespoon  200ml glass, 1 part squash, 3 parts tap water
<b>8pm to 10pm</b>				
9 pm	Sitting room Alone TV on Not at table	Grapes, green, seedless  Chocolates, chocolate creams Potato crisps, Prawn Cocktail	Bendicks Walkers	15  2 25g bag from multipack
<b>10pm to 6am</b>				
10.30 pm	Bed room Partner No TV Not at table	Camomile tea (no milk or sugar)	Twinings	1 mug

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes, usual  No, **less** than usual

No, **more** than usual

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes, usual  No, **less** than usual

No, **more** than usual

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*  
Went to pub after work

Did you **finish all the food and drink** that you recorded in the diary today?

Yes

No

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes

No

If yes, **please describe the supplements you took below**

<b>Brand</b>	<b>Name (in full) including strength</b>	<b>Number of pills, capsules, teaspoons</b>
<i>Healthspan</i>	<i>Omega3 fish oil with vitamin A, C, D &amp; E</i>	<i>2 capsules</i>
<i>Boots</i>	<i>Calcium (1000mg) with vitamin D</i>	<i>1 tablet</i>
<i>Holland &amp; Barrett</i>	<i>Vitamin C 60mg</i>	<i>1 tablet</i>

**Please record over the page details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**

**Write in recipes or ingredients of made up dishes or take-away dishes**

**NAME OF DISH** *Bolognese sauce*

**SERVES:** 4

<b>Ingredients</b>	<b>Amount</b>	<b>Ingredients</b>	<b>Amount</b>
<i>Co-op low fat beef mince</i>	<i>500g</i>	<i>Lea &amp; Perrins worcester sauce</i>	<i>dash</i>
<i>garlic</i>	<i>3 cloves</i>		
<i>onion</i>	<i>1 medium</i>		
<i>sweet red pepper</i>	<i>1 medium</i>		
<i>Napoli chopped tomatoes</i>	<i>400g tin</i>		
<i>Tesco tomato puree</i>	<i>1 tablespoon</i>		
<i>Tesco olive oil</i>	<i>1 tablespoon</i>		
<i>mixed herbs</i>	<i>1 dessertspoon</i>		

**Brief description of cooking method**

*Fry onion & garlic in oil, add mince and fry till brown.*

*Add pepper, tomatoes, puree, Worcester sauce & herbs. Simmer for 30 mins*

<b>Day</b> <i>Friday</i>		<b>Date</b> <i>28.09.2007</i>		
<b>Time</b>	<b>Where? With whom? TV on? Table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand Name</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>6am to 9am</b>				
<i>8.00 am</i>	<i>Café take away – eating on my way to work Alone</i>	<i>Cappuccino, no sugar</i>  <i>Blueberry muffin, regular not low fat</i>	<i>Starbucks</i>  <i>Starbucks</i>	<i>Medium size</i>  <i>One</i>
<i>8.45 am</i>	<i>Office desk Alone</i>	<i>Tap water</i>		<i>300 ml glass</i>
<b>9am to 12 noon</b>				
<i>10am</i>	<i>Office desk Alone</i>	<i>Banana</i>  <i>Black tea semi-skimmed milk, no sugar</i>	<i>Typhoo</i> <i>Asda</i>	<i>One, medium size</i>  <i>Large Mug A lot</i>

<b>Time</b>	<b>Where? With whom? TV on? Table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand Name</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>12 noon to 2pm</b>				
1 pm	Work tea room With colleague	<i>Crayfish sandwich multiseed bread, medium cut, crayfish in lemon mayonnaise, no other spread rocket leaves</i>  <i>Apple &amp; Raspberry fruit drink</i>	<i>M&amp;S pre-packed Sandwich</i>  <i>J20</i>	<i>2 slices Medium filling 6 to 8</i>  <i>1 bottle, 275ml</i>
<b>2pm to 5pm</b>				
4.30 pm	<i>Friends House Lounge With Friend Not at table TV on</i>	<i>Coffee, instant Semi-skimmed milk</i>  <i>Fairy Cake, homemade, see recipe</i>	<i>Kenco</i>	<i>Medium mug A lot</i>  <i>1cake</i>

<b>Time</b>	<b>Where? With whom? TV on? Table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand Name</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>5pm to 8pm</b>				
7.30 pm	<i>Kitchen/Diner With boyfriend At table No TV</i>	<i>Chicken in creamy mushroom and white wine sauce for 2, oven  White rice (homemade), boiled  Wine</i>	<i>Sainsbury's, 370g (wrapper collected)  Easy cook, Italian, Sainsbury's  Sauvignon Blanc, New Zealand</i>	<i>½ pack  1C  1 small glass, 125ml</i>
<b>8pm to 10pm</b>				
9.15 pm	<i>Sitting Room With boyfriend Not at table TV on</i>	<i>Squash, apple &amp; blackcurrant, no added sugar,  Crisps</i>	<i>Sainsbury's  Pringles, sour cream and chives</i>	<i>1 average glass, 200ml  5</i>
<b>10pm to 6am</b>				
11.30 pm	<i>Bedroom Alone Not at table TV on</i>	<i>Water</i>	<i>tap</i>	<i>1 medium glass</i>

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes, usual  No, **less** than usual

No, **more** than usual

*Please tell us why you had less than usual*

Felt unwell

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes, usual  No, **less** than usual

No, **more** than usual

*Please tell us why you had less than usual*

Felt unwell

*Please tell us why you had more than usual*

Did you **finish all the food and drink** that you recorded in the diary today?

Yes

No

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes

No

If yes, **please describe the supplements you took below**

<b>Brand</b>	<b>Name (in full) including strength</b>	<b>Number of pills, capsules, teaspoons</b>
<i>Holland &amp; Barrett</i>	<i>Evening Primrose Oil – 1000mg</i>	<i>1 capsule</i>
<i>Holland &amp; Barrett</i>	<i>Super EPA fish oil – 1000mg</i>	<i>1 capsule</i>

**Please record over the page details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**

**Write in recipes or ingredients of made up dishes or take-away dishes**

**NAME OF DISH** *Fairy Cakes*

**SERVES:** *makes 20 cakes*

<b>Ingredients</b>	<b>Amount</b>	<b>Ingredients</b>	<b>Amount</b>
<i>Tate &amp; Lyle caster sugar</i>	<i>175g</i>	<i>Silver Spoon icing sugar</i>	<i>140g</i>
<i>Anchor butter, unsalted</i>	<i>175g</i>	<i>Yellow food colouring</i>	<i>3 drops</i>
<i>Eggs from market</i>	<i>3</i>	<i>water</i>	<i>2 tablespoons</i>
<i>Homeprode self-raising flour</i>	<i>175g</i>		
<i>Baking powder</i>	<i>1 teaspoon</i>		

**Brief description of cooking method**

*Mix together and bake for 15 min.*

*Mix icing sugar with water and add colouring. Approx. 1 teaspoon of icing on each cake*

<b>Day</b> <i>Monday</i>		<b>Date</b> <i>11 June 2007</i>		
<b>Time</b>	<b>Where? With whom? TV on? Table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>6am to 9am</b>				
<i>7am</i>	<i>Dining Room Wife TV on At table</i>	<i>Porridge Made with semi-skimmed milk Honey  Orange Juice, 100% juice</i>	<i>Quaker Sainsburys Sainsburys  Tropicana</i>	<i>30g sachet 200ml milk 2 tsp  1/4 pint</i>
<b>9am to 12 noon</b>				
<i>10am</i>	<i>Work desk Colleagues</i>	<i>Coffee, white, with sugar (bean to cup)  Bourbon biscuits</i>	<i>Vending machine  Tesco's</i>	<i>Regular size vending cup  2 biscuits</i>

Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand	Portion size or quantity <u>eaten</u>
<b>12 noon to 2pm</b>				
1pm	Work Restaurant Colleagues At table	<i>Pepperoni pizza with peppers and olives – thin crust</i>  <i>Salad – Tomatoes Cucumber Lettuce (iceberg) Carrots</i>  <i>Thousand Island Dressing</i>  <i>Coca-cola</i>	<i>Made in work restaurant</i>        <i>Tesco</i>	<i>9 inch, ate 1/3</i>  <i>4 cherry About 6 slices About 4 leaves About 10 slices</i>  <i>1 tbsp</i>  <i>330ml can</i>
<b>2pm to 5pm</b>				
3pm	Work desk Alone	<i>Bottle of water</i> <i>Banana</i>	<i>Evian</i>	<i>500ml bottle</i> <i>1 large</i>

<b>Time</b>	<b>Where? With whom? TV on? Table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>5pm to 8pm</b>				
7pm	Indian Restaurant Wife and Friends	Papadum Mango Chutney Cucumber Raita Chicken Tikka Prawn Bhuna Niramish (Vegetable side dish, including okra, tomato)  Pilau Rice Keema Nan  Onion Bhaji  Beer Water	Corona Don't know	1 and half About 4 teasp About 4 teasp 1 chicken breast 3 serving spoons 1/2 of dish (about 4 table spoons)  1 dish 1/2 of a large size nan 1 large bhaji  3 bottles 2 med glasses
<b>8pm to 10pm</b>				
9pm	Pub Wife and Friends	Beer Salt and Vinegar Crisps, Crinkle cut	Carlsberg McCoys	2 pints 1 handful
<b>10pm to 6am</b>				

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes, usual  No, **less** than usual

*Please tell us why you had less than usual*

No, **more** than usual

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes, usual  No, **less** than usual

*Please tell us why you had less than usual*

No, **more** than usual

*Please tell us why you had more than usual*  
More beer than usual as celebrating birthday

Did you **finish all the food and drink** that you recorded in the diary today?

Yes

No

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes

No

If yes, **please describe the supplements you took below**

Brand	Name (in full) including strength	Number of pills, capsules, teaspoons

**Please record over the page details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**

Write in recipes or ingredients of made up dishes or take-away dishes

***NAME OF DISH***

***SERVES:***

***Ingredients***

***Amount***

***Ingredients***

***Amount***

***Brief description of cooking method***

<b>Day</b> <i>Friday</i>		<b>Date</b> <i>7 Sept 2007</i>		
<b>Time</b>	<b>Where? With whom? TV on? Table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>6am to 9am</b>				
<i>7.30 am</i>	<i>Dining room Friends No TV At table</i>	<i>Cooked breakfast: Pork sausages, fried in sunflower oil  Unsmoked streaky bacon, grilled Mushrooms, fried Baked beans Hash browns, oven baked Tomato, grilled Orange juice Tea Whole milk White Sugar</i>	<i>Walls  Tesco  Heinz Birds Eye  Tropicana Twinings Sainsbury's Silverspoon</i>	<i>2 regular size  2 rashers 6 2 tbsp 2 1, medium Small glass 1 mug Dash 2 heaped teasp</i>
<b>9am to 12 noon</b>				
<i>10am</i>	<i>Work desk Alone</i>	<i>White coffee, no sugar</i>	<i>Vending machine</i>	<i>1 cup</i>

<b>Time</b>	<b>Where? With Whom? TV on? At table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>12 noon to 2pm</b>				
1pm	Work canteen Colleagues	Soup – minestrone  White bread, thick slices from large loaf Butter, salted	Don't know  Don't know Lakeland Dairies	1 soup bowl  2 slices 2 portion packs
<b>2pm to 5pm</b>				
3pm	Work desk Alone	White coffee  Chocolate digestives (half coated)	Vending machine  McVities	1 cup  2

<b>Time</b>	<b>Where? With Whom? TV on? At table?</b>	<b>Food/Drink description &amp; preparation</b>	<b>Brand</b>	<b>Portion size or quantity <u>eaten</u></b>
<b>5pm to 8pm</b>				
8pm	Friend's house Friends (birthday party) Not at table	Buffet: Cheese and tomato pizza Potato salad 4 Sandwiches (all with spread): Tuna, sweetcorn and mayo on white bread Wafer thin ham & cucumber on wholemeal bread Smoked salmon and cream cheese on wholemeal bread Cheddar Cheese and pickle on white bread Quiche Lorraine Water biscuits Cheddar cheese Pickle Beer	Don't know  Don't know  Tesco Carr's  Branston's Heineken	1/6 of 9in pizza 1 tbsp See recipe section   1/8 quiche 4 4 thick slices 2 tsp 2 pints
<b>8pm to 10pm</b>				
9pm	Friend's house Friends	Beer Salted peanuts	Heineken KP	2 pints 2 handfuls
<b>10pm to 6am</b>				
11pm	Living room Alone TV on Not at table	Dry white wine	Jacob's Creek	1 small glass

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

No, **less**  
than usual

No, **more**  
than usual

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Went to party

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

No, **less**  
than usual

No, **more**  
than usual

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Went to party

Did you **finish all the food and drink** that you recorded in the diary today?

Yes

No

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes

No

If yes, **please describe the supplements you took below**

Brand	Name (in full) including strength	Number of pills, capsules, teaspoons

**Please record over the page details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**

**Write in recipes or ingredients of made up dishes or take-away dishes**

**NAME OF DISH** *Buffet sandwiches*

**SERVES:** *1*


<b>Ingredients</b>	<b>Amount</b>	<b>Ingredients</b>	<b>Amount</b>
<i>Thick sliced white bread</i>	<i>2 slices</i>	<i>Cheddar cheese</i>	<i>2 slices</i>
<i>Thick sliced wholemeal bread</i>	<i>2 slices</i>	<i>Pickle</i>	<i>2 tsp</i>
<i>Unknown spread</i>	<i>Medium spread on all slices</i>		
<i>Tuna, sweetcorn &amp; Mayo</i>	<i>1 tbsp</i>		
<i>Wafer thin ham</i>	<i>1 slice</i>		
<i>Cucumber</i>	<i>2 slices</i>		
<i>Smoked salmon</i>	<i>1 slice</i>		
<i>Cream cheese</i>	<i>2 tsp</i>		


**Brief description of cooking method**



<b>Food/Drink</b>	<b>Description &amp; Preparation</b>	<b>Portion size or quantity</b>
Bacon	Back, middle, streaky; smoked or un-smoked; fat eaten; dry-fried or fried in oil/fat (type used) or grilled rashers	Number of rashers
Baked beans	Standard, reduced salt or reduced sugar	Tablespoons, weight of beans marked on tin label (e.g. 420g)
Beefburger (hamburger)	Home-made (ingredients), from a packet (brand name) or take-away; fried (type of oil/fat), microwaved or grilled; economy; with or without bread roll	Number, large or small, ounces or in grams if info on package
Beer	What sort e.g. stout, bitter, lager; draught, canned, bottled; low-alcohol or home-made	Number of pints or half pints, size of can or bottle
Biscuits	What sort and brand e.g. cheese, wafer, crispbread, sweet, chocolate, shortbread, home-made	Number, size (standard or mini variety)
Bread (see also sandwiches)	Wholemeal, granary, white or brown; currant, fruit, malt; large or small loaf; sliced or unsliced loaf; give brand	Number of slices; thick, medium or thin slices
Bread rolls	Wholemeal, white or brown; alone or with filling; crusty or soft	Size, number of rolls
Breakfast cereal (see also porridge)	What sort and brand e.g. Kellogg's cornflakes; any added fruit and/or nuts; Muesli – added sugar and/or fruit	Tablespoons or picture 1
Bun	Iced, currant or plain, homemade or bought (brand name)	Large or small, number
Butter, margarine & fat spreads	Give full product name	Thick/average/thin spread; spoons

<b>Food/Drink</b>	<b>Description &amp; Preparation</b>	<b>Portion size or quantity</b>
Cake	Individual or piece of large; type and brand; fruit (rich), sponge, fresh cream, buttercream, iced; type of filling	Number, slices, packet weight, see picture 10 for sponge cake
Cheese	Name, brand and type e.g. cheddar, cream, cottage, soft; low fat	picture 9, or number of slices, thick or thin cut, number of spoons
Chips	Fresh, frozen, oven, microwave, take-away (where from); thick/straight/crinkle/fine cut; type of oil/fat used for cooking give brand name	picture 4, as A, B, or C or 2 x B, etc
Chocolate(s)	What sort e.g. plain, milk, white, fancy, diabetic; type of filling; give brand name	Number, weight/size of bar
Coffee	With milk (see section on milk); half milk/half water; all milk; ground/filter, instant; decaffeinated; give brand name	Cups or mugs
Cream	Single, whipped, double or clotted; dairy or non-dairy; low-fat; fresh, UHT/Longlife; imitation cream e.g. Elmlea	Tablespoons
Crisps	What sort e.g. potato, corn, wheat, maize, vegetable etc; give brand; flavour; low-fat or low-salt; premium variety e.g. Kettle chips, Walker's Sensations	Packet weight
Custard	Pouring custard or egg custard; made with powder and milk/sugar, instant, ready to serve (tinned or carton); low fat, sugar free, brand	Tablespoons
Doughnut	Plain, jam, cream or iced; round or ring, where bought/brand name	Number, size e.g. mini, large
Egg	Boiled, fried (type of oil/fat), scrambled (type of fat used, with or without added milk), poached, omelette (with or without filling, type of oil/fat used), etc	Number of eggs, large, medium or small eggs
Fish (including canned)	What sort and brand e.g. cod, tuna; fried (type of oil/fat), grilled, poached (water or milk) or steamed; with batter or breadcrumbs; canned in oil, brine or tomato sauce	Size of can or spoons (for canned fish) or picture 7 for battered fish

<b>Food/Drink</b>	<b>Description &amp; Preparation</b>	<b>Portion size or quantity</b>
Fish cakes & fish fingers	Type of fish; plain or battered or in breadcrumbs; fried, grilled, baked or microwaved; economy	Size, number, packet weight
Fruit - fresh	What sort; eaten with or without skin	Size, number
Fruit - stewed/canned	What sort; sweetened or unsweetened; in fruit juice or syrup; juice or syrup eaten	Tablespoons Size of can or weight on can
Fruit – juice (pure)	What sort and brand e.g. apple, orange; sweetened or unsweetened; pasteurised or UHT/Longlife; freshly squeezed; added vitamins/minerals, omega 3?	Glass (size or volume) or carton size
Ice cream	Flavour; dairy or non-dairy; brand name; luxury/premium; added nuts, fruit	Number of tablespoons/ scoops
Jam, honey	What sort; low-sugar/diabetic; shop bought/brand or homemade	Teaspoons, heaped or level, or thin or thick spread
Marmalade	Type and brand; low-sugar; thick cut; shop bought/brand or homemade	Teaspoons, heaped or level, or thin or thick spread
Meat (see also bacon, burgers & sausages)	What sort; cut of meat e.g. chop, breast, minced; lean or fatty; fat removed or eaten; skin removed or eaten; how cooked; with or without gravy	Large/small/medium, tablespoons, or picture 6 for stew portion
Milk	Brand and type (whole, semi-skimmed, skimmed); fresh, sterilized, UHT, dried; soya milk (sweetened/unsweetened), goats' milk, rice milk; flavoured; fortified with added vitamins and/or minerals	Pints, glass (size or volume) or cup. For milk on cereal: <i>damp/normal/drowned</i> . For milk in tea/coffee: <i>a little/some/a lot</i>

<b>Food/Drink</b>	<b>Description &amp; Preparation</b>	<b>Portion size or quantity</b>
Nuts	What sort and brand; dry roasted, ordinary salted, honey roasted; unsalted	Packet weight, handful
Pie (sweet or savoury)	What sort and brand; individual or helping; one pastry crust or two; type of pastry	Individual or slice, or picture 8
Pizza	Thin base or deep pan or French bread; topping; brand name and type	Individual, slice, fraction of large pizza e.g. $\frac{1}{4}$
 rridge	Brand name; made with oats or cornmeal or instant oat cereal; made with milk and/or water; with sugar or honey; with milk or cream	Bowls
Potatoes (see also chips)	Old or new; baked, boiled, roast (type of oil/fat); skin eaten; mashed (with butter/spread and with or without milk); fried/chips (type of oil/fat); instant; any additions e.g. butter	Mash – tablespoons, number of half or whole potatoes, small or large potatoes, or picture 4 for chips portion
Pudding	What sort; e.g. steamed sponge; with fruit; mousse; instant desserts; milk puddings	Tablespoons, picture 10 for slice of sponge
Rice	What sort; e.g. basmati, easy cook, long or short grain; white or brown; boiled or fried (type of oil/fat); brand name	Tablespoons or picture 2
Salad	Ingredients; if with dressing what sort (oil and vinegar, mayonnaise); brand name of dressing	Amount of each component; e.g. number of tomatoes, slices of cucumber, leaves; tablespoons of dressing

<b>Food/Drink</b>	<b>Description &amp; Preparation</b>	<b>Portion size or quantity</b>
Sandwiches and rolls	Type of bread/roll (see Bread & Rolls); butter or margarine; type of filling; including salad, mayonnaise, pickle etc. If shop-bought, where from?	Number of rolls or slices of bread; amount of butter/margarine (on both slices?); amount of filling
Sauce – cold (including mayonnaise)	Tomato ketchup, brown sauce, soy sauce, salad cream, mayonnaise; low fat; brand name	Teaspoons, tablespoons
Sausages	What sort; e.g. beef, pork; fried (type of oil/fat) or grilled; low fat; economy; brand name	Large or small, number
Sausage rolls	Type of pastry; brand name	Number, size e.g. jumbo, standard, mini
Scone	Fruit, sweet, plain, cheese; type of flour; bought/brand or homemade	Number, small, medium or large
Savoury snacks - in packet	What sort: e.g. Cheddars, cheese straws, Twiglets, Pretzels; give brand name	Size (standard or mini variety), packet weight, number
Soft drinks – squash/concentrate/cordial	Give brand name & flavour; no added sugar/low calorie/sugar free; “high” juice; fortified with added vitamins and/or minerals	Glass (size or volume)
Soft drinks – carbonated/fizzy	Give brand & flavour; diet/low-calorie; canned or bottled; cola – caffeine free	Glass, can or bottle (size or volume)
Soft drinks – ready to drink	Give brand & flavour; no added sugar/low calorie/sugar free; does it contain real fruit juice, if so, how much?; fortified with added vitamins and/or minerals	Glass, carton or bottle (size or volume)
Soup	What sort; give brand name; cream or clear; canned, packet, instant or vending machine, home-made	Tablespoons, bowl or mug
 aghetti, other pasta	What sort; fresh/chilled or dried; white, wholemeal; canned in sauce; type of filling if ravioli, cannelloni etc	Tablespoons (or how much dry pasta used per portion in grams/packet size) or picture 3

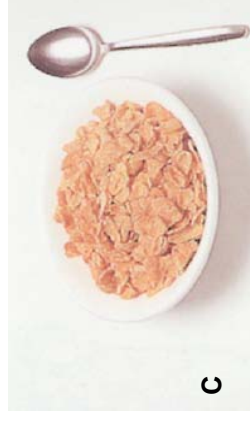
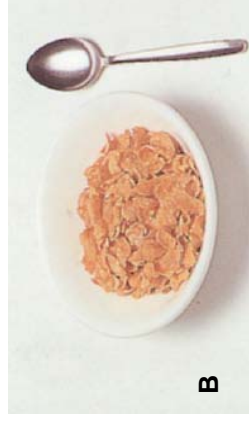
<b>Food/Drink</b>	<b>Description &amp; Preparation</b>	<b>Portion size or quantity</b>
 Spirits	What sort: e.g. whisky, gin, vodka, rum	Measures as in pub
Sugar	Added to cereals, tea, coffee, fruit, etc; what sort; e.g. white, brown, demerara	Heaped or level teaspoons
Sweets	What sort: e.g. toffees, boiled sweets, diabetic; give brand name	Number, packet weight
Tea	With/without milk (see section on milk); decaffeinated, herb	Mugs or cups
Vegetables (not including potatoes)	What sort; how cooked or raw; additions e.g. butter, other fat or sauce	Tablespoons, number of florets or sprouts, weight from tins or packet as guidance
Water	Tap, filtered, bottled: give brand name	Glass or bottle (size or volume)
 Wine, sherry, port	White, red; sweet, dry; low-alcohol; give brand name	Glass (size or volume)
Yoghurt, fromage frais	What sort: e.g. natural/plain or flavoured; creamy, Greek, low-fat, very low fat/diet, soya; with fruit pieces or just fruit flavoured; twinpot with separate cereal/crumble; fortified with added vitamins and/or minerals; brand name	Pot size or tablespoons
Home-made dishes	Please say what the dish is called (record recipe or details of dish if you can in the section provided) and how many persons it serves	Tablespoons – heaped or level, number, size
Ready-made meals	Please give brand name and full description of product; did it contain any accompaniments e.g. rice, vegetables, sauces; was it chilled or frozen; microwaved, oven cooked, boil-in-the-bag; was it low fat, healthy eating range. Enclose label and ingredients list if possible in your plastic bag	Packet weight, if not whole packet describe portion consumed
Take-away food or food eaten out	Please say what the dish is called and give main ingredients if you can. Give name of a chain restaurant e.g. McDonalds	Tablespoons, portion size e.g. small/medium/large

Use the pictures to help you indicate the size of the portion you have eaten.  
Write on the food record the picture number and size A, B or C nearest to your own helping.

Remember that the pictures are much smaller than life size.  
The actual size of the dinner plate is 10 inches (25cm), the side plate, 7 inches (18cm), and the bowl, 6.3 inches (16cm).

The tables on pages 16-21 also give examples of foods that you might eat and how much information is required about them.

#### 1. Breakfast cereals



2. Rice



3. Spaghetti



4. Chips



5. Broccoli or cauliflower



6. Stew or curry



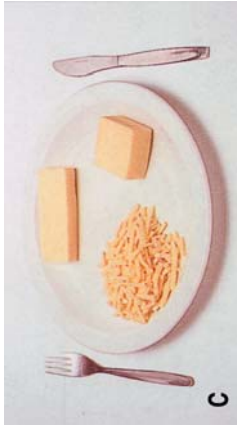
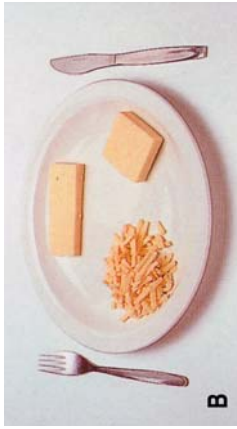
7. Battered fish



8. Quiche / Pie



9. Cheese



10. Sponge cake

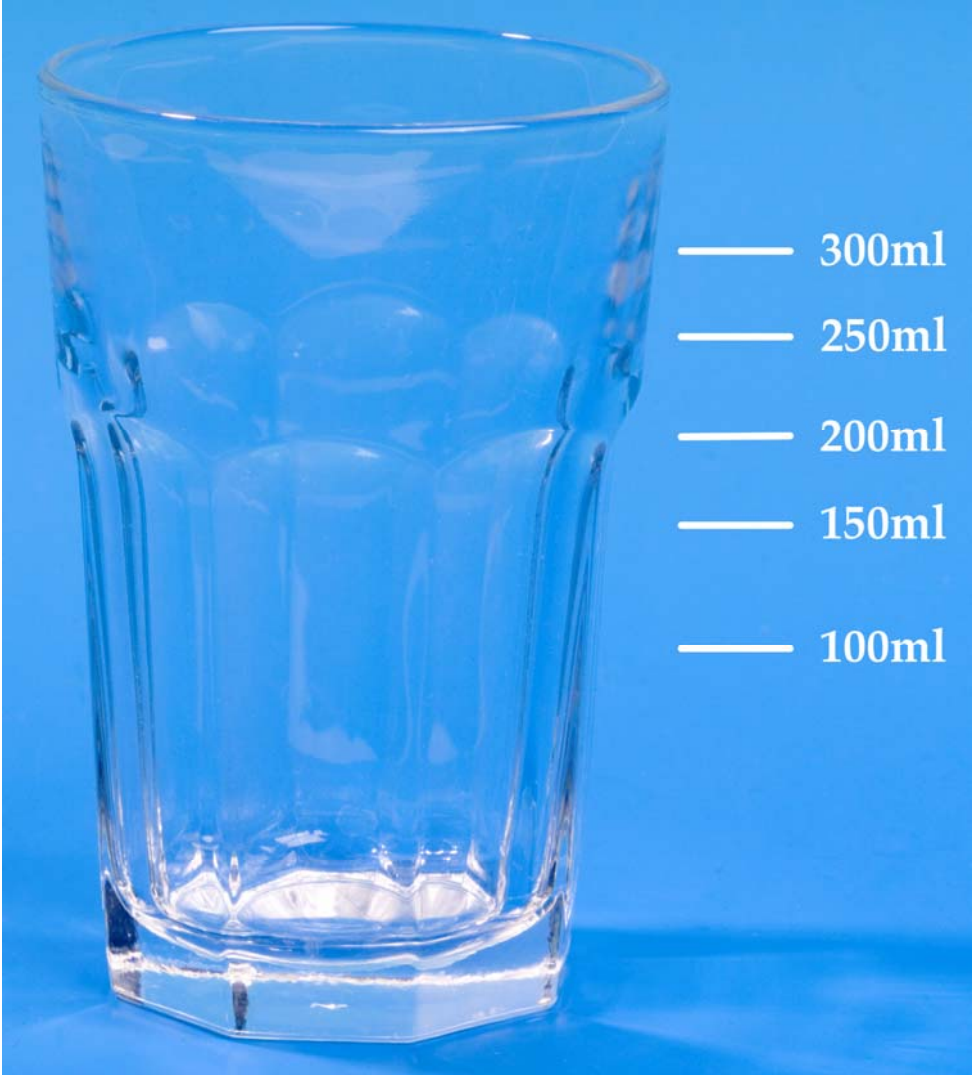


**Typical quantities of drinks in various containers  
measured in millilitres (ml)**

	<b>Small glass</b>	<b>Average glass</b>	<b>Large glass</b>	<b>Vending cup</b>	<b>Cup</b>	<b>Mug</b>
<b>Soft drinks</b>	<b>150</b>	<b>200</b>	<b>300</b>			
<b>Wine</b>	<b>125</b>	<b>175</b>	<b>250</b>			
<b>Hot drinks</b>				<b>170</b>	<b>190</b>	<b>260</b>

Glasses come in different shapes and sized. On the next page is a life size glass showing approximate volumes. You can use this picture as a guide for estimating how much volume of drink the glass holds you are drinking from.

# Life Size Glass



## **Acknowledgements**

Thanks for permission to use pictures from:

Nelson, M., Atkinson, M.  
& Meyer, J. (1997).

*A Photographic Atlas of Food Portion Sizes.*  
London, MAFF Publications.

