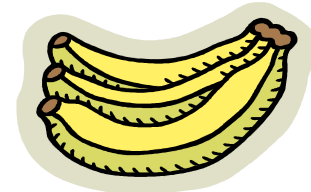
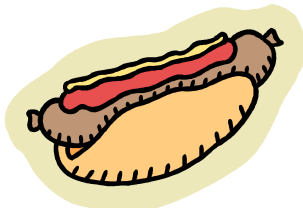
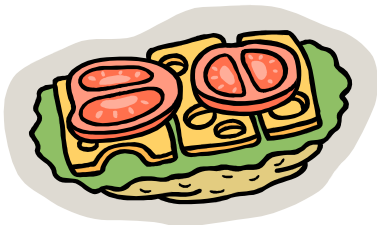


NATIONAL DIET AND NUTRITION SURVEY
Food and Drink Diary

DIARY START DATE: _____



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SERIAL NUMBER

CKL

RESPONDENT No

FIRST NAME

Sex: Male / Female

Date of birth:

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INTERVIEWER NUMBER:

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INTERVIEWER NAME:

We advise that the use of these diaries in other research projects should acknowledge the source as Medical Research Council Collaborative Centre for Human Nutrition Research (MRC-HNR). NB: Researchers must use their own judgement whether the format of the diary is appropriate for the intended use.

How to fill in your diary

It is very important that you do not change what you normally eat or drink just because you are keeping a diary. Try to write down what you are eating or drinking as soon as you can and not leave it until the end of the day. Record food and drink eaten at home and away from home, such as at school or at a friend's house.

Whenever you have something to eat or drink write down:

When:

Each day is divided into time slots from first thing in the morning until late at night until the following morning. Find the appropriate time slot and record the exact time when you eat or drink something in the "time" column.

Where: This could be

Home	Bedroom
	At table
	Watching television
Away	Street
	Car/Bus
	Café/ Restaurant (specify Mac Donalds, Pizza Hut etc.)
School	School canteen
	Classroom
	Playground

With Whom: This could be

Alone

With family

With friends

What:

Describe your food and drink giving as much detail as you can. Include any **extras** like sugar and milk in your tea or cereal, butter or other spreads on your bread and sauces such as ketchup and mayonnaise. **Do not forget to include drinking water.**

If you know how the food was cooked (eg. roast, baked, boiled, fried), please record this. If you're unsure about how the food was cooked, please ask the person who prepared the food if possible.

On pages 12 - 17 you will find help with the sort of detail that is useful.

If you have eaten any **homemade dishes** eg. a stew or sponge cake, please make sure the ingredients and cooking method are recorded in the space provided. You may need to ask the person who prepared the dish to help you with this. If another person at home is also keeping a diary and has recorded the recipes for the same dishes as you in their diary (the ADULT diary), you do NOT need to record these recipes again, just write in your diary "see adult diary". If you have eaten any **take-aways** or any made up dishes not prepared at home such as at a friend's house or in a restaurant, please record as much detail as you can about what was in the dish eg. vegetable curry containing chickpeas, aubergine, onion and tomato.

Brand:

Please make a note of the **brand name** (eg. Heinz, Walkers, Hovis) if you know it. Most packaged foods will list a brand name.

Amount eaten:

You can write S (small), M (medium) or L (large) portion, or specify packet (eg. Crisps, Yogurt), or number of individual items (eg. biscuits), or slices (eg. cake, pizza, ham), or teaspoons (eg. sugar), or tablespoons (ketchup, peas). Be careful when describing amounts in spoons. Compare the spoon you are using with the life size spoons at the back of this diary so that you use the correct name. For drinks you can write glass (tell us the size of the glass or volume using page 18 as a guide), cup or mug. You can also write the **weight or volume from the labels** on the packaging.

On pages 12 - 18 you will find help with describing how much you had to eat or drink.

We would like to know the **amount that you actually ate**, so you need to think about how much you **leftover**. You can do this in 2 ways:

1. Record how much you were served and then how much you ate e.g. 3 tablespoons of peas, only 2 tablespoons eaten; 1 large sausage roll, ate only half
2. Only record how much you actually ate i.e. 2 tablespoons of peas; half a large sausage roll

Food labels/wrappers:

Please keep the labels or packaging from snacks, sweets, bought sandwiches and ready meals and put them in the plastic bag provided.

Was it a typical day?

After each day of recording you will be prompted to tell us whether this was a usual day (tick yes, usual) or whether there were any reasons why you ate and drank more or less than usual, e.g. I did eat less because I was sick; I drank a lot because I did sports.

Supplements

At the end of each recording day you need to tell us about any supplements you took. If you didn't take any just tick NO. If yes, then please tell us the name of the supplement (e.g. vitamin C), brand (e.g. Boots), strength (it will tell you on the label - e.g. 50 mg) and how many you took (e.g. 1 tablet).

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

On pages 4-11 of the diary we have filled in a two whole days to show you what to do.

Day EXAMPLE	Day Thursday	Date March 31 st		
Time	where? With whom? TV on? Table?	what	Brand Name	Amount eaten
<i>6am to 9am</i>				
7.30am	Kitchen Family No TV At table	Orange juice, unsweetened, UHT Tea Milk, fresh semi skimmed Sugar white Weetabix Milk as above Sugar as above Toast wholemeal, large loaf Butter unsalted Strawberry Jam	Tesco Tesco Tesco Silverspoon Hovis Anchor Co-op	Large glass Mug A little 2 level teaspoons 2 Drowned 2 heaped teaspoons 2 thin slices thick spread on both 1 teaspoon on one slice
<i>9am to 12 noon</i>				
11am	School playground With friends	Coca cola diet Potato crisps, Salt and Vinegar	Coca Cola Walkers	330ml can 25g packet from a multipack
12noon	School corridor Alone	Water from water cooler Mars Bar		small plastic cup 1 kingsize
<i>12 noon to 2pm</i>				
12.45pm	School canteen With friends	Sandwich, from home White bread, large loaf Spread Ham unsmoked Cheddar cheese Branston Pickle Apple with skin from home Ribena Light, Ready to Drink, Blackcurrant, from canteen Kitkat from home	Kingsmill Flora Light Tescos	2 med slices thin spread on both slices 1 slice 2 medium slices 1 teaspoon 1 (left core) 220ml carton 2 fingers
1.50pm	School corridor Alone	Chewing gum	Orbit Sugar Free	1 piece

Day EXAMPLE	Day Thursday	Date March 31 st		
Time	Where? With whom? TV on? Table?	what	Brand Name	Amount eaten
<i>2pm to 5pm</i>				
3.45pm	Bus Alone	Wine gums	Maynards	140g packet
4.30pm	Home, sitting room, With family TV on Not at table	Tea (as above) Chocolate Hob Nobs	Mcvitites	mug 3
<i>5pm to 8pm</i>				
6.30pm	Friend's kitchen With friends No TV At table	Chicken in tomato sauce made by friend's mum Tomato fresh Sweetcorn tinned Peach yoghurt low fat Lemon squash No Added Sugar	See recipe Mullerlight Sainsbury's	3 serving spoons 3 slices 1 tablespoon 200g pot medium glass
<i>8pm to 10pm</i>				
8pm	Home, sitting room Alone TV on, Not at table	Satsuma Cream Crackers (no spread)	Jacob's	1 4
9.30pm	Kitchen Alone No TV, At table	Thick cut, frozen chips fried in vegetable oil Brown sauce	HP	small portion 2 teaspoons
<i>10pm to 6am</i>				
10.30pm	Bedroom Alone TV on Not at table	Hot chocolate drink made with water	Cadbury's	Mug
2am	Bedroom (in bed) Alone No TV	Water tap		$\frac{1}{2}$ 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
Ate dinner at friend's house

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

Did you take any vitamin and/or mineral supplements today?

YES NO

If **YES**, please record details below (and enclose label in plastic bag if possible)

Brand	Name (in full) including strength	Number of pills/capsules/tsp
Bassetts	Soft and chewy vitamins A (800µg), C (60mg), D (5µg) and E (10 mg)	1 <i>pastille</i>
Haliborange	DHA Omega-3 Blackcurrant chewy caps (Each capsule contains 200mg fish oil providing 130mg omega-3)	2 <i>capsules</i>

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

Write in recipe or ingredients of made up dishes or take-away dishes			
<i>NAME OF DISH</i> <i>Chicken in tomato sauce</i>		<i>Serves:</i> <i>4 people</i>	
<i>Ingredients</i>	<i>Amount</i>	<i>Ingredients</i>	<i>Amount</i>
<i>pieces of chicken</i>	<i>3 pieces</i>		
<i>sauce made with tinned tomatoes, green pepper and onions</i>	<i>2 tablespoons</i>		
<i>Brief description of cooking method</i>			
<i>Chicken pieces fried in olive oil, then mixed in with tomato and vegetable sauce</i>			

Day EXAMPLE	Day Thursday	Date March 31 st		
Time	where? With whom? TV on? Table?	what	Brand Name	Amount eaten
<i>6am to 9am</i>				
7.45am	Dining Room Family No TV At table	Special K Bliss Strawberry and Chocolate Whole milk Banana Smoothie, made with semi-skimmed milk	Kelloggs Tesco's Homemade see recipe	4 tbsp Drowned 1 medium glass
<i>9am to 12 noon</i>				
11.30 am	School playground School friends	Orange Juice, unsweetened Mars Bar	Libby's Mars	200ml carton 2 fun size
<i>12 noon to 2pm</i>				
1pm	School canteen School Friends	Roast Chicken Roast Potatoes Boiled Carrots Boiled Peas Gravy Plain sponge pudding with jam Warm chocolate custard		3 slices 2 potatoes 1 serving spoon 1 serving spoon 2 tbsp Small portion 2 serving spoon

Day EXAMPLE	Day Thursday	Date March 31 st		
Time	where? With whom? TV on? Table?	what	Brand Name	Amount eaten
<i>2pm to 5pm</i>				
3.30pm	Car Family	Bottle of water Grapes, green, seedless	Evian	$\frac{1}{2}$ bottle - 500mls 10 grapes
4.30pm	Living room Sister TV on Not at table	Ready salted Crisps	Pringles	About 15 crisps
<i>5pm to 8pm</i>				
7pm	Dining room Family No TV At table	Cheese and tomato pizza, thin base Green beans Broccoli Chocolate Mousse, low fat Orange High Juice Squash	Pizza Express (cook at home) Cadburys Robinson's	$\frac{1}{2}$ pizza (500g) uncooked 2 tbsp 2 florets 55g pot 1/3 squash & 2/3 water
<i>8pm to 10pm</i>				
9pm	Bedroom Alone TV on Not at table (in bed)	Semi-skimmed milk	Tesco's	Small glass
<i>10pm to 6am</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 take any vitamin and/or mineral supplements today?

YES

NO

If **YES**, please record details below (and enclose label in plastic bag if possible)

Brand	Name (in full) including strength	Number of pills/capsules/tcps

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

Write in recipe or ingredients of made up dishes or take-away dishes			
<i>NAME OF DISH</i> <i>Banana Smoothie</i>		<i>Serves:</i> <i>1</i>	
<i>Ingredients</i>	<i>Amount</i>	<i>Ingredients</i>	<i>Amount</i>
<i>Banana</i>	<i>1 small</i>		
<i>Tesco semi-skimmed milk</i>	<i>150ml</i>		
<i>Gales Honey</i>	<i>1 tsp</i>		
<i>Tesco natural unsweetened yogurt</i>	<i>1 tbsp</i>		
<i>Brief description of cooking method</i>			
<i>Mix all together with blender</i>			

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Bacon	back, middle, streaky; smoked or unsmoked; 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, tin size e.g. 244g
Beefburger (hamburger)	home-made (ingredients), from a packet or take-away; fried (type of oil/fat), microwaved or grilled; economy; with or without bread roll	number, large or small
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 e.g. cornflakes; branflakes, Weetabix; any added fruit and/or nuts; give brand Muesli - added sugar and/or fruit	tablespoons
Bun	iced, currant or plain	large or small, number
Butter, margarine & fat spreads	give full product name	thick, average, thin spread on bread/crackers; spoons
Cake	individual or piece of large; type and brand; fruit (rich), sponge, fresh cream, buttercream, iced; type of filling	number, small/medium or large slices
Cheese	name and type e.g. cheddar, cream, cottage, soft; low fat	slices, tablespoons

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Chips	fresh, frozen, oven, microwave, take-away (where from); thick/straight/crinkle/fine cut; type of oil/fat used for cooking	tablespoons, portion size, number if thick cut
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	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; baked variety	packet weight, e.g. 30g
Custard	pouring custard or egg custard; made with powder and milk/sugar, instant, ready to serve (tinned or carton); low fat, sugar free	tablespoons
Doughnut	plain, jam, cream or iced; round or ring	number, size e.g. mini, large
Egg	boiled, fried (type of oil/fat), scrambled, poached, omelette, etc	Number of eggs
Fish (including canned)	what sort e.g. cod, tuna, haddock; 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 (e.g. 80g or tablespoons (for canned fish)
Fish cakes/fish fingers	type of fish; fried, grilled, baked or microwaved; economy; battered or with coated in breadcrumbs	size, number
Fruit - fresh	what sort; with or without skin	size, number

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Fruit - stewed/canned	what sort; sweetened or unsweetened; in fruit juice or syrup; juice or syrup eaten	tablespoons
Fruit - juice (pure)	what sort e.g. apple, orange; sweetened or unsweetened; pasteurised or UHT/Longlife; freshly squeezed	glass (size or volume) or carton size
Hot chocolate, cocoa malted drinks etc	type and brand; standard/low calorie/lite; instant; all water / half milk half water / all milk (see section on milk); any sugar added	cup or mug plus how much powder e.g. teaspoons, weight on packet
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 or homemade	teaspoons
Marmalade	type and brand; low-sugar; thick cut; shop bought or homemade	teaspoons
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/medium/small, tablespoons
Milk	whole, semi-skimmed, skimmed; fresh, sterilized, UHT, dried; soya, goats', rice; flavoured; fortified with added vitamins and/or minerals	pints, glass (size or volume) or cups. For milk on cereal: <i>damp/normal/drowned.</i> For milk in tea/coffee: <i>a little/some/a lot</i>
Milkshake	what brand; powder, fresh or long life; whole, semi-skimmed, skimmed; flavour; fortified with vitamins and/or minerals	pints, glass (size or volume) , cups, or volume on bottle/carton
Nuts	what sort; dry roasted, ordinary salted, honey roasted; unsalted	packet weight, handful

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Pie (sweet or savoury)	what sort; individual or helping; one pastry crust or two; type of pastry	individual pie (packet size) or slice
Pizza	thin base or deep pan or French bread; topping; brand name	individual, slice, fraction of large pizza e.g. $\frac{1}{4}$
Porridge	made with oats or cornmeal or instant oat cereal; made with milk and/or water; with sugar or honey; with milk or cream	Tablespoons or bowl size (small, medium, large)
Potatoes (see also chips)	old or new; baked, boiled, roast (type of oil/fat); skin eaten; mashed/creamed (with butter, milk etc); fried/chips (type of oil/fat); instant; any additions e.g. butter	Tablespoons for mash, number of half or whole potatoes
Pudding	what sort; e.g. steamed sponge; with fruit; mousse; instant desserts; milk puddings	tablespoons, slices
Rice	what sort; e.g. basmati, easy cook, long or short grain; white or brown; boiled or fried (type of oil/fat)	tablespoons
Salad	ingredients; if with dressing what sort (oil and vinegar, mayonnaise)	amount of each component; slices, leaves; tablespoons
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 - hot (for veg, meat or fish, inc gravy; puddings)	what sort; savoury or sweet; thick or thin; give brand or recipe; for gravy - made with granules, stock cube, dripping or meat juices	tablespoons
Sauce - cold (including mayonnaise)	tomato ketchup, brown sauce, soy sauce, salad cream, mayonnaise; low fat	teaspoons, tablespoons

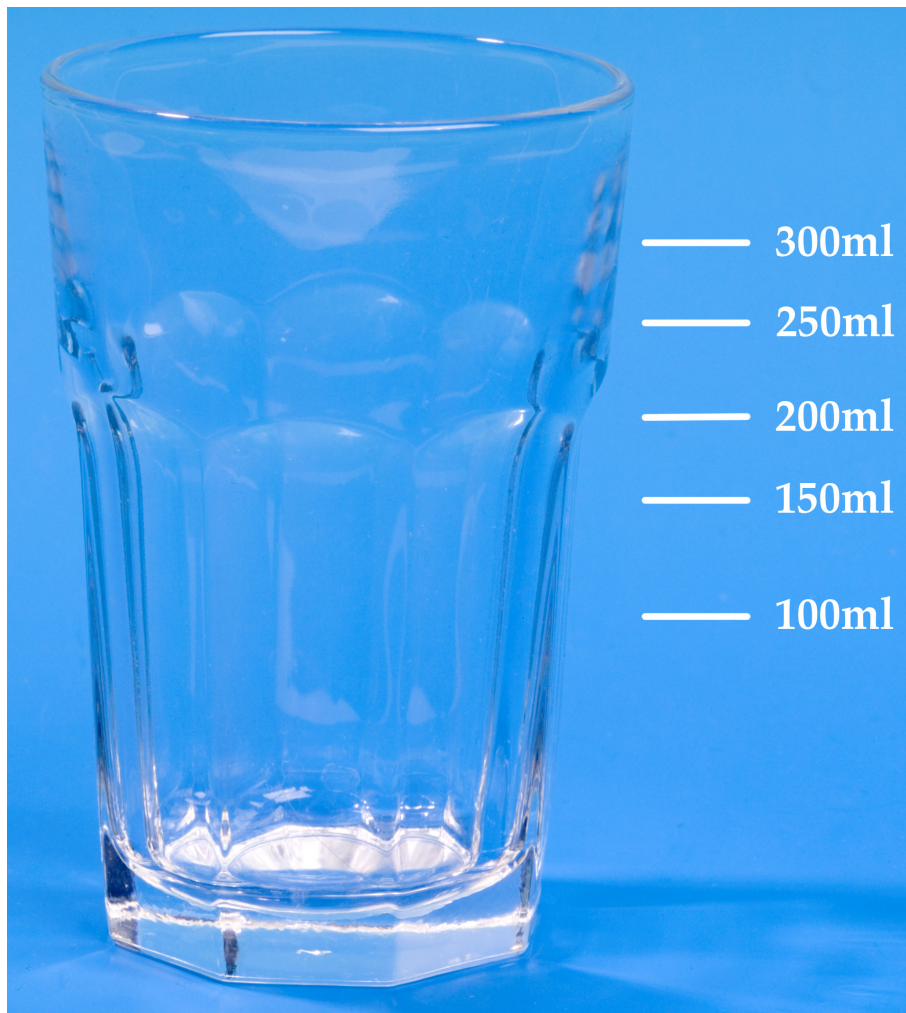
<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Sausages	what sort; e.g. beef, pork; fried (type of oil/fat) or grilled; low fat; economy	large or small, number
Sausage rolls	type of pastry	number, size e.g. jumbo, standard, mini
Scone	fruit, sweet, plain, cheese; type of flour	number
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 - concentrated/squash /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, e.g. 330ml)
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, e.g. 200ml)
Soup	what sort; give brand name; cream or clear; canned, packet, instant or vending machine, home-made	tablespoons, bowl or mug
Spaghetti, other pasta	what sort; fresh or dried; white, wholemeal; boiled, canned in sauce; type of filling if ravioli, cannelloni etc	Servingspoons or tablespoons
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

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
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
Water	tap, filtered, bottled: give brand name	glass or bottle (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	pot size (e.g. 150g) 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)	tablespoons
Ready-made meals	Please give brand name and full description of product; did it contain any accompaniments e.g. rice, vegetables, sauces; chilled or frozen; microwaved, oven cooked, boil-in-the-bag; low fat, healthy eating range. Enclose label and ingredients list if possible in your plastic bag	packet weight, portion size
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

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

	Small Glass	Average Glass	Large Glass	Vending Cup	Cup	Mug
Soft Drinks	150	200	300			
Hot Drinks				170	190	260

Here is a life size glass showing what typical quantities look like. You can use this picture as a guide for estimating how much volume of drink the glass holds you are drinking from.



Day 1	Day	Date		
Time	where? with whom? TV on? Table?	what	Brand Name	Amount eaten
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				
<i>12 noon to 2pm</i>				

Day 1	Day	Date		
Time	where? with whom? TV on? Table?	what	Brand Name	Amount eaten
<i>2pm to 5pm</i>				
<i>5pm to 8pm</i>				
<i>8pm to 10pm</i>				
<i>10pm to 6am</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

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

Did you take any vitamin and/or mineral supplements today?

YES

NO

If **YES**, please record details below (and enclose label in plastic bag if possible)

Brand	Name (in full) including strength	Number of pills/capsules/tsps

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**

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

NAME OF DISH

Serves:

Ingredients

Amount

Ingredients

Amount

Brief description of cooking method

Day 2	Day	Date		
Time	where? with whom? TV on? Table?	what	Brand Name	Amount eaten
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				
<i>12 noon to 2pm</i>				

Day 2	Day	Date		
Time	where? with whom? TV on? Table?	what	Brand Name	Amount eaten
<i>2pm to 5pm</i>				
<i>5pm to 8pm</i>				
<i>8pm to 10pm</i>				
<i>10pm to 6am</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

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

Did you take any vitamin and/or mineral supplements today?

YES

NO

If **YES**, please record details below (and enclose label in plastic bag if possible)

Brand	Name (in full) including strength	Number of pills/capsules/tsps

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**

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

NAME OF DISH

Serves:

Ingredients

Amount

Ingredients

Amount

Brief description of cooking method

Day 3	Day	Date		
Time	where? with whom? TV on? Table?	what	Brand Name	Amount eaten
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				
<i>12 noon to 2pm</i>				

Day 3	Day	Date		
Time	where? with whom? TV on? Table?	what	Brand Name	Amount eaten
<i>2pm to 5pm</i>				
<i>5pm to 8pm</i>				
<i>8pm to 10pm</i>				
<i>10pm to 6am</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

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

Did you take any vitamin and/or mineral supplements today?

YES

NO

If **YES**, please record details below (and enclose label in plastic bag if possible)

Brand	Name (in full) including strength	Number of pills/capsules/tsps

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**

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

NAME OF DISH

Serves:

Ingredients

Amount

Ingredients

Amount

Brief description of cooking method

Day 4	Day	Date		
Time	where? with whom? TV on? Table?	what	Brand Name	Amount eaten
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				
<i>12 noon to 2pm</i>				

Day 4	Day	Date		
Time	where? with whom? TV on? Table?	what	Brand Name	Amount eaten
<i>2pm to 5pm</i>				
<i>5pm to 8pm</i>				
<i>8pm to 10pm</i>				
<i>10pm to 6am</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

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

Did you take any vitamin and/or mineral supplements today?

YES

NO

If **YES**, please record details below (and enclose label in plastic bag if possible)

Brand	Name (in full) including strength	Number of pills/capsules/tsps

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**

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

NAME OF DISH

Serves:

Ingredients

Amount

Ingredients

Amount

Brief description of cooking method

General Questions about your food/ drink in the last 4 days.

Special diet

1. Did you follow a special diet in the last 4 days (e.g. vegetarian, weight reducing)?

Yes

Please tell us about it

No

Milk

2. Which type of milk did you use most often in the last 4 days?

Whole, fresh,
pasteurised

Semi-skimmed fresh,
pasteurised

Skimmed (fat free) fresh,
pasteurised

Dried

Type

Soya

Type

Other

Type

Did not use

Tea and coffee

3. How much milk did you usually have in coffee/ tea?

Coffee A lot Some A little None/did not drink

Tea A lot Some A little None/did not drink

4. Did you usually sweeten your coffee/ tea with sugar?

Coffee Yes How many teaspoons in a mug/cup? No/did not drink

Tea Yes How many teaspoons in a mug/cup? No/did not drink

5. Did you usually sweeten your coffee/ tea with artificial sweetener?

Coffee Yes How many tablets or teaspoons in a mug/cup? No/did not drink

Tea Yes How many tablets or teaspoons in a mug/cup? No/did not drink

6. Did you drink decaffeinated coffee/ tea in the last 4 days?

Coffee Always Sometimes Never

Tea Always Sometimes Never

Breakfast cereals

7. How much milk did you usually have on breakfast cereal?

Drowned Average Damp None/did not eat

8. How did you usually make your porridge?

With all water With all milk With milk and water Did not eat

9. Did you usually sweeten or salt your porridge?

With sugar With honey With salt Neither/did not eat

10. How did you usually make your instant oat cereal? e.g. Ready Brek

With all water With all milk With milk and water Did not eat

11. Did you usually sweeten or salt your instant oat cereal?

With sugar With honey With salt Neither/did not eat

Fats for spreading and cooking

12. Which type of fat spread did you use most often in the last 4 days? Please record the full product name and fat content.

e.g. Flora Omega 3 plus, low fat spread, 38% fat, polyunsaturated

13. How thickly did you spread butter, margarine on bread, crackers etc?

Thick Medium Thin None

14. Which type of cooking fat/oil did your household use most often in the last 4 days? Please record the full product name.

e.g. Sainsbury's sunflower oil

Bread

15. Which type of bread did you eat most often in the last 4 days?

White Granary Wholemeal Brown

50/50 bread e.g. Hovis Best of Both

Other

Type

Did not eat

16. Was it a large loaf or a small loaf?

Large Small

17. If the bread was shop bought, how was it sliced?

Thick Medium Thin Unsliced

Meat

18. If you ate red meat in the last 4 days, what did you do with the visible fat?

Ate all Ate most Ate some Ate none of the fat Did not eat

19. If you ate poultry in the last 4 days, did you eat the skin?

Always Sometimes Never Did not eat

Fruit and vegetables

20. If you ate apples in the last 4 days, did you eat the skin?

Always Sometimes Never Did not eat

21. If you ate pears in the last 4 days, did you eat the skin?

Always Sometimes Never Did not eat

22. If you ate new potatoes in the last 4 days, did you eat the skin?

Always Sometimes Never Did not eat

23. If you ate baked/jacket potatoes in the last 4 days, did you eat the skin?

Always Sometimes Never Did not eat

Salt

24. Do you add salt to your food at the table?

Always Sometimes Never

25. Do you add salt substitute to your food at the table? *e.g. LoSalt*

Always Sometimes Never

Cordial/squash/diluting juice

26. Which type of squash/cordial did you drink most often in the last 4 days?

Ordinary No added sugar /diet/low calorie Did not drink

27. How much do you usually dilute your squash (e.g. half squash/half water, or 1 part squash with 4 parts water)?

Please tell us: _____

Water

28. Which type of water did you drink most often in the last 4 days?

Tap Filtered Bottled *brand*

Thank you for completing this diary.

