

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.

## NATIONAL DIET AND NUTRITION SURVEY

# *Food and Drink Diary*

### *Children aged 1.5 to 3 years*

**DIARY START DATE:** \_\_\_\_\_

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SERIAL NUMBER (7 digits)

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CKL

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RESPONDENT No

**First name:**

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**Sex:** Male / Female

**Date of birth:**

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**INTERVIEWER NUMBER:**

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**INTERVIEWER NAME:**

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**NATIONAL DIET AND NUTRITION SURVEY**

***Food and Drink Diary***

***Children aged 1.5 to 3 years***

	<b>Pages</b>
<b>Instructions.....</b>	<b>2-3</b>
<b>Diary examples.....</b>	<b>4-15</b>
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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-5.30pm.

## PLEASE READ THROUGH THESE PAGES BEFORE STARTING THE FOOD DIARY

We would like you to record in this diary **everything your toddler eats and drinks**, at meal times and in between, day and night for **4 days**. Please include all food consumed **at home and outside the home**.

### **Time spent in the care of other**

If your toddler spends time in the care of others during the recording period then we would very much appreciate if those carers (e.g. crèche staff, childminder, friend) would provide details of the food and drink consumed. For this purpose you have been given a pack to pass on to carers explaining about the study and asking for their support in gathering the required information.

**Please provide the following information for each day of recording:**

### **Day and Date**

Please write down the day and date at the top 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 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** your toddler was in when eating, e.g. kitchen, living room, and tell us whether s/he **ate at a table or not** and whether they **were watching television**. If s/he ate outside the home please write that location down. We would also like to know **who your toddler shared meals with**, e.g. whether s/he ate alone, with parents, siblings, or friends.

### **What does your toddler eat?**

Please describe the food your toddler ate in as much detail as possible. Include all meals and all snacks. Be as specific as you can. Pages 16 - 21 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).

#### ❑ ***Recipes/Homemade dishes***

If your toddler has 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 is for, and the cooking method. Write this down in the recipe section for each food record day. Record how much of the whole recipe your toddler ate in the portion size column (see examples on pages 9 and 15).

#### ❑ ***Take-aways and eating out***

If your toddler has 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. spaghetti with mince, onion and tomato sauce.

### **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. It helps us a great deal if you enclose, in the plastic bag provided, labels from all **ready meals**, from **foods of lesser known brands** and also from any **supplements** your toddler takes.

### **Portion sizes**

Examples for how to describe the **quantity** or **portion size** your toddler had of a particular food or drink are shown on pages 16 - 21.

**For foods**, quantity can be described using:

- **household measure** e.g. one level teaspoon (teasp) of sugar, two thick slices of bread, 4 heaped 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 photos at the back of this diary.
- **weights from labels** - use the weight marked on canned or packet foods, e.g. quarter of a 420g tin of baked beans, one 125g pot of yoghurt
- **number of items**, e.g. 2 fish fingers, 2 pieces of chicken nuggets, 1 regular size jam filled doughnut
- **fruit**, indicate whether the piece of fruit is small, medium or large

**For drinks**, quantity can be described using:

- the **size of glass, cup etc** (e.g. large) or the **volume** (e.g. 300ml).
- **volumes from labels** (e.g. 330ml can of fizzy drink).

We would like to know the **amount that your toddler actually ate** 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 weetabix, ate only ½
2. Only record the amount actually eaten i.e. 2 tbsp of peas; ½ weetabix

### **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 your toddler consumed more or less than usual.

### **Supplements**

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

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

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

**Overleaf you can see 2 days that have already been filled in. These examples show you how we would like you to record your toddler's food and drink, for example a meal from a jar 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 1 Thurs</b>		<b>Date 31 March</b>		
<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>8am</i>	<i>Living Room Family TV on Not at table</i>	<i>Follow on Milk</i>	<i>SMA Progress</i>	<i>240ml bottle (as usual)</i>
<b>9am to 12 noon</b>				
<i>10am</i>	<i>Kitchen Mother No TV At table</i>	<i>Weetabix Full fat milk white sugar</i>	<i>Weetabix Sainsbury's Tate and Lyle</i>	<i>1 biscuit drowned 2 teasp (about 1 tbsp milk leftover)</i>
<i>11.30 am</i>	<i>Living Room Family TV on Not at table</i>	<i>bread</i>	<i>Granary from bakers, medium cut</i>	<i>1 slice</i>
		<i>margarine</i>	<i>Flora light spread,</i>	<i>medium spread</i>
		<i>pure apple juice</i>	<i>Sainsburys</i>	<i>200ml carton (drank ½ of it)</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>				
1pm	Kitchen Family No TV At table	Chunky Vegetable Risotto  Peeled apple  Strawberry and Raspberry Yoghurt	Heinz Mum's Own   Petit Filous	230g- only ate 2/3 of jar  3 slices  4 heaped teasp
<b>2pm to 5pm</b>				
4pm	Lounge Grandfather No TV Not at table	Very weak black tea (in plastic trainer cup with lid) Semi-skimmed milk  Fairy cake (see recipe)	PG tips  Sainsburys	3/4 cup mixed with  1/4 cup (1/2 leftover)  3/4 of one cake eaten

<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><i>5pm to 8pm</i></b>				
<i>6.15 pm</i>	<i>Kitchen Family No TV At table</i>	<i>Broccoli, Pear and Peas Puree  Vegetables with Noodles and Chicken (12months)  Water</i>	<i>Ella's Kitchen  HIPPI  Tap</i>	<i>3 teasp  250g jar  about 100ml (small glass)</i>
<b><i>8pm to 10pm</i></b>				
<i>10.20 pm</i>	<i>Bedroom Father No TV</i>	<i>Follow on Milk</i>	<i>SMA Progress</i>	<i>240ml bottle (as usual); 1/2 leftover)</i>
<b><i>10pm to 6am</i></b>				

Was the amount of **food** that your toddler had today about what s/he usually has, 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*

She was feeling unwell

*Please tell us why you had more than usual*

Was the amount your toddler had to **drink** today, including water, tea, coffee and soft drinks, about what s/he usually has, 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*

She was feeling unwell

*Please tell us why you had more than usual*

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

Yes

No

If yes, **please describe the supplements s/he took below**

<b>Brand</b>	<b>Name (in full) including strength</b>	<b>Number of pills, capsules, teaspoons</b>
Bassets	Soft and chewy multivitamins (label in zip bag)	1 pastille

**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 – makes 12*

**SERVES:**

<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>Market eggs</i>	<i>3</i>	<i>water</i>	<i>2 tablespoons</i>
<i>Homepride 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>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>6.30 am</i>	<i>Bedroom Mother No TV</i>	<i>Biscuit for Babies + Toddlers</i>	<i>Cow and Gate</i>	<i>1</i>
<i>7.00 am</i>	<i>Kitchen Family No TV At table</i>	<i>Rice Krispies Whole milk Frutapura, Plum and Apple Pure apple and blackcurrant juice diluted with water</i>	<i>Kelloggs Asda Cow and Gate Heinz Tap</i>	<i>8 tbsp damp 1x 100g pot 60ml juice 240ml (drank most of it by lunch – about ¼ leftover)</i>
<b>9am to 12 noon</b>				
<i>9.30 am</i>	<i>Playroom Childminder and 3 other children No TV At table</i>	<i>Banana  Great stuff mini raisins</i>	<i>Asda</i>	<i>Medium size, ½ eaten 14g pack</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>				
12.00 pm	Dining room Childminder and 3 other children No TV At table	Prepared packed lunch: White bread, thick cut Butter unsalted  Cheese triangle Ham, honey roast Cheese curls  green seedless grapes Fromage frais with layer of peach puree  Semi-skimmed milk  Fruit tea, orange and mango sugar	Kingsmill Lurpak  Dairylea Asda Quakers  Yoplait  Sainsburys  Twinings Silverspoon	2 slices Thinly spread on one slice only Ate 1/2 1/2 slice 8 pieces  8 grapes 60g (ate half)  160ml (drank all)  1/2 cup 1/2 tsp
<b>2pm to 5pm</b>				
3.15 pm	Playroom Childminder and 3 other children No TV At table	Apple, peeled  Milky way  Water	Granny smith,   tap	Medium size, 1/4 quarter eaten  1 fun size  about 100ml (numerous sips)

<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><i>5pm to 8pm</i></b>				
<i>6.00 pm</i>	<i>Dining room Family No TV At table</i>	<i>Homemade sausage casserole (see recipe)  Penne pasta, boiled</i>	<i>Sainsburys</i>	<i>4 tbsp  3 tbsp (about 1 tbsp pasta leftover)</i>
<b><i>8pm to 10pm</i></b>				
<i>8.15 pm</i>	<i>Living room Mother TV on Not at table</i>	<i>Whole milk</i>	<i>Asda</i>	<i>250ml bottle (about 25 ml left over)</i>
<b><i>10pm to 6am</i></b>				

Was the amount of **food** that your toddler had today about what s/he usually has, 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 your toddler had to **drink** today, including water, tea, coffee and soft drinks, about what s/he usually has, 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*

She drank more milk than usual because she was thirsty

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

Yes

No

If yes, **please describe the supplements s/he took below**

<b>Brand</b>	<b>Name (in full) including strength</b>	<b>Number of pills, capsules, teaspoons</b>
Abidec	Multivitamin syrup with omega 3	5ml (1 teasp)

**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** *Sausage casserole for 4*

**SERVES:**

<b>Ingredients</b>	<b>Amount</b>	<b>Ingredients</b>	<b>Amount</b>
<i>Butchers Choice pork sausages</i>	<i>4 sausages</i>	<i>Mixed herbs</i>	<i>About ½ tsp</i>
<i>Onion</i>	<i>1 medium size</i>	<i>Sainsburys vegetable oil</i>	<i>1.5 tbsp</i>
<i>Mushrooms, Champignons</i>	<i>1/4 of 500g pack</i>		
<i>Napoli chopped tomatoes</i>	<i>1 x 400g tin</i>		
<i>Sainsburys mixed salad beans</i>	<i>1 x 125g tin</i>		
<i>Oxo gravy</i>	<i>1 cube in ½ pint of water</i>		
<i>Heinz tomato ketchup</i>	<i>1 tbsp</i>		
<i>Cornflour</i>	<i>2 tsp</i>		

**Brief description of cooking method**

*Brown onions and sausages in vegetable oil. Add mushrooms, tomatoes, beans and gravy and simmer. Thicken with cornflour and add herbs.*

<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
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
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
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
Cake	individual or piece of large; type and brand; fruit (rich), sponge, fresh cream, buttercream, iced; type of filling	number, slices, packet weight
Cheese	Name, brand and type e.g. cheddar, other hard cheese, cream, cottage, soft; low fat	number of slices, thick or thin cut, number of spoons

<b>Food/Drink</b>	<b>Description &amp; Preparation</b>	<b>Portion size or quantity</b>
Chips	fresh, frozen, oven, microwave, take-away (where from); thick/straight/crinkle/fine cut; type of oil/fat used for cooking give brand name	tablespoons or number of chips
Chocolate(s)	what sort e.g. plain, milk, white, fancy, diabetic; type of filling; give brand name	number, weight/size of bar
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)
Fish cakes & fish fingers	type of fish; plain or battered or in breadcrumbs; fried, grilled, baked or microwaved; economy	size, number, or 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	size of can or weight on can, tablespoons

<b>Food/Drink</b>	<b>Description &amp; Preparation</b>	<b>Portion size or quantity</b>
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
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 (size or volume) plus amount of powder e.g. packet weight, teaspoons
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
Marmalade	type and brand; low-sugar; thick cut; shop bought/brand 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/small/medium, tablespoons, or picture 10 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; formula milks for toddlers	pints, glass (size or volume) or cup. For milk on cereal: <i>damp/normal/drowned or fluid ounces/ml.</i> For milk in tea/coffee: <i>a little/some/a lot</i> Formula: <i>proportion of formula to water</i>
Milkshake	what brand; powder, fresh or long life; whole, semi-skimmed, skimmed milk; flavour; fortified with vitamins and/or minerals	pints, glass (size or volume) , cups, or volume on bottle/carton

<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
Pizza	thin base or deep pan or French bread; topping; brand name and type	individual, slice, fraction of large pizza e.g. 1/4
Porridge	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
Pudding	what sort; e.g. steamed sponge; with fruit; mousse; instant desserts; milk puddings	tablespoons
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 1
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
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

<b>Food/Drink</b>	<b>Description &amp; Preparation</b>	<b>Portion size or quantity</b>
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
Spaghetti, 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)
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

<b>Food/Drink</b>	<b>Description &amp; Preparation</b>	<b>Portion size or quantity</b>
Tea	with/without milk (see section on milk); decaffeinated, herb	mugs or cups
Toddler foods	<u>Food in jars</u> : brand name and type of food (e.g. vegetable risotto, fruit puree); <u>Dry Foods</u> : brand name and type of food (e.g. dry powder, cereal)	jar or packet size as given on label tablespoons or teaspoons for powdered foods (volume of water/milk used to mix with cereal or powder)
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)
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 teaspoons
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, or one of the pictures for identical foods
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. For example, chicken breast or wings, lamb or other type of kebab, type of vegetable in dish, type of sauce, proportion of meat to vegetable etc. Give name of a chain restaurant e.g. McDonalds	tablespoons, portion size e.g. small/medium/large



# DAY 1

Day 1		Date		
Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				

Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>12 noon to 2pm</i>				
<i>2pm to 5pm</i>				

Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>5pm to 8pm</i>				
<i>8pm to 10pm</i>				
<i>10pm to 6am</i>				

Was the amount of **food** that your toddler had today about what s/he usually has, 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 your toddler had to **drink** today, including water, tea, coffee and soft drinks, about what s/he usually has, 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 your toddler **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 your toddler take any **vitamins, minerals or other food supplements** today?

Yes

No

If yes, **please describe the supplements s/he took below**

<b>Brand</b>	<b>Name (in full) including strength</b>	<b>Number of pills, capsules, teaspoons</b>

**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***

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***

# DAY 2

Day 2		Date		
Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				

Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>12 noon to 2pm</i>				
<i>2pm to 5pm</i>				

Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>5pm to 8pm</i>				
<i>8pm to 10pm</i>				
<i>10pm to 6am</i>				

Was the amount of **food** that your toddler had today about what s/he usually has, 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 your toddler had to **drink** today, including water, tea, coffee and soft drinks, about what s/he usually has, 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 your child **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 your toddler 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>

**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***

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***

**DAY 3**

Day 3		Date		
Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				

Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>12 noon to 2pm</i>				
<i>2pm to 5pm</i>				

Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>5pm to 8pm</i>				
<i>8pm to 10pm</i>				
<i>10pm to 6am</i>				

Was the amount of **food** that your toddler had today about what s/he usually has, 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 your toddler had to **drink** today, including water, tea, coffee and soft drinks, about what s/he usually has, 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 your child **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 your toddler 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>

**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***

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***

# DAY 4

Day 4		Date		
Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				

Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>12 noon to 2pm</i>				
<i>2pm to 5pm</i>				

Time	Where? With whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>5pm to 8pm</i>				
<i>8pm to 10pm</i>				
<i>10pm to 6am</i>				

Was the amount of **food** that your toddler had today about what s/he usually has, 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 your toddler had to **drink** today, including water, tea, coffee and soft drinks, about what s/he usually has, 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 your child **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 your toddler 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>

**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***

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***

**PLEASE complete the questions over the page**

## General questions about the frequency of eating outside the home

Is your toddler regularly cared for outside the home?

NO

YES

If YES

**(a) How many *meals* would she/he have in 'out-of-home care' *per week*?**

*Please specify*

**(b) Are these out-of-home meals prepared by yourself?**

NO

YES

SOMETIMES

*Please specify*

If your nursery provides a **copy of the nursery menu** for the recording period we would appreciate if you could give this copy to the interviewer. This will help us later with the analysis of your toddler's diet.

**General questions about your toddler's food/ drink in the last 4 days.**

**Special diet**

1. Did your toddler follow a special diet in the last 4 days e.g. vegetarian, milk-free, other?

Yes

*Please specify*

No

2. What type of milk does your toddler usually drink? *Tick only one*

- |                              |                          |                   |                          |
|------------------------------|--------------------------|-------------------|--------------------------|
| Infant formula               | <input type="checkbox"/> | Follow-on formula | <input type="checkbox"/> |
| Soya formula                 | <input type="checkbox"/> | Soya milk         | <input type="checkbox"/> |
| Whole milk (cow's milk)      | <input type="checkbox"/> | Goat's milk       | <input type="checkbox"/> |
| S/ skimmed milk (cow's milk) | <input type="checkbox"/> | Other             | <input type="checkbox"/> |
| Skimmed milk (cow's milk)    | <input type="checkbox"/> |                   |                          |

*Please specify the brand/type if not cow's milk*

## Breakfast cereals

3. How much milk does your toddler usually have on breakfast cereal?

Drowned

Average

Damp

None/did not eat

4. How do you usually make porridge for your toddler?

With all water

With all milk

With milk and water

Did not eat

5. Did you usually sweeten or salt the porridge?

With sugar

With honey

With salt

Neither/did not eat

6. How did you usually make instant oat cereal for your toddler?

With all water

With all milk

With milk and water

Did not eat

7. Did you usually sweeten or salt the instant oat cereal?

With sugar

With honey

With salt

Neither/did not eat

## Fats for spreading and cooking

8. Which type of fat spread did you use most often for your toddler 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*

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9. How thickly did you spread butter, margarine on bread, crackers for your toddler?

Thick  Medium  Thin  None

10. 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*

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## Bread

11. Which type of bread did your toddler 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

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

Large  Small

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

Thick  Medium  Thin  Unsliced

### **Meat**

14. If your toddler ate meat in the last 4 days, did s/he eat the visible fat?

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

15. If your toddler ate poultry in the last 4 days, did s/he eat the skin?

Always  Sometimes  Never  Did not eat

### **Fruit and vegetables**

16. If your toddler ate apples in the last 4 days, did s/he eat the skin?

Always  Sometimes  Never  Did not eat

17. If your toddler ate pears in the last 4 days, did s/he eat the skin?

Always  Sometimes  Never  Did not eat

18. If your toddler ate new potatoes in the last 4 days, did s/he eat the skin?

Always  Sometimes  Never  Did not eat

19. If your toddler ate baked (jacket) potatoes in the last 4 days, did s/he eat the skin?

Always  Sometimes  Never  Did not eat

## Salt

20. Do you add salt to your toddler's food at the table?

Always  Sometimes  Never

21. Do you add salt substitute to your toddler's food at the table? *e.g. LoSalt*

Always  Sometimes  Never

### **Cordial/squash/diluting juice**

22. Which type of squash/cordial did your toddler drink most often in the last 4 days?

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

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

*Please tell us:* \_\_\_\_\_

### **Tea**

24. How much milk does your toddler usually have in tea?

A lot  Some  A little  None/did not drink

25. Do you usually sweeten your toddler's tea with sugar?

Yes  Number of teaspoons  None/did not drink

## Water

26. Which type of water did your toddler drink most often in the last 4 days?

Tap  Filtered  Bottled  *brand*

## Drinks in general

27. Does your toddler finish all their cup/bottle each time you make it up?

Yes  No

*If No, please tell us how much of it they usually drink e.g. half, three-quarters:*

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***Thank you for completing this diary.***

