

Name: _____

Dates: _____, ____/____/____ _____, ____/____/____ _____, ____/____/____

FOOD	AMOUNT
Breakfast:	
Morning Tea:	
Lunch:	
Afternoon Tea:	
Dinner:	
Supper:	
TOTAL:	

FOOD	AMOUNT
Breakfast:	
Morning Tea:	
Lunch:	
Afternoon Tea:	
Dinner:	
Supper:	
TOTAL:	

FOOD	AMOUNT
Breakfast:	
Morning Tea:	
Lunch:	
Afternoon Tea:	
Dinner:	
Supper:	
TOTAL:	

INSTRUCTIONS:

1. Please complete the food diary above to provide a basis for an analysis of your diet and nutrition profile.
2. You must record ALL food, ALL drinks and ALL supplements consumed during a day.
3. It is important that you record as much information as possible such as the type of food (e.g white bread, lean steak), brand names (e.g. Kellogs Sustain), quantities in serves or metric amounts (e.g. 2 rashers, 100 gms, 1 cup) and how the food is prepared (e.g. grilled, boiled). For example, rather than just writing a ham sandwich, a more complete record would be: 2 slices of wholemeal bread; 2 teaspoons of polyunsaturated margarine; 1 thin slice of processed shoulder ham; 2 slices of tomato.