



# 7-day food diary

<b>Participant Initials:</b>	
<b>Participant ID:</b>	
<b>Date 7-day diary started:</b>	

We would like you to record what you eat every day for the next week. You may find this very difficult at first, but hopefully once you get into the habit of writing down what you eat and when you eat it, it will become very easy.

Record **ALL** food and drink consumed during the week including snacks, nibbles, sauces and dressings. It doesn't matter how big or how small the food is, write it down. The more descriptive you are the better.

**Record method of cooking, type and quantity of food.** We've given you an example of a filled in diary. Read through this example diary first to see how much detail is required when you are filling in your 7 day diary.

**There is also space for you to record your mood at the time you eat and record the physical activity you do in the day.**

Try not to wait until the end of the day or even the next day to record what you have consumed. It is very easy to forget the handful of nuts you had before dinner. Take this diary with you and record at the time you eat.

**It is important that you bring this with you to the next clinic visit.**

Participant ID	
Participant initials	

## Example diary:

Read through this example first to see how much detail is required in your 7 day food diary.

DAY: Wednesday

DATE: 4/4/2015

TIME	QUANTITY EATEN	DETAILS OF FOOD & DRINK	THOUGHTS, FEELINGS & PHYSICAL ACTIVITY
<b>Early Morning:</b>	1 cup 1 tbsp	Tea with tonned milk	
<b>Breakfast:</b>	3 heaped tbsp ¼ pint  1 med slice 1 tsp  2 mugs	corn flakes tonned milk for cereal & drinks  brown bread (slice) butter  Coffee	

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<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<b>During morning</b>	1 mug 1 tbsp 1 medium	Coffee with tonned milk apple	Used stairs rather than lift when shopping
<b>Midday</b>	2 ( 50gms) 1 Katori 30 gms (raw weight) 1 Katori 100 gms prepared  1 Katori 125 gms 100 gms 20 gms(Raw weight)	chappati Dal Vegetable (Alu-baigan) Curd Salad Steamed rice	Sunny day, felt happy
<b>During Afternoon</b>	1 cup( 125ml)  100 gms	Tea (Tonned Milk)  Haldiram Namkeen	Craved something salty

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<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<b>Evening Meal:</b>	<p>3 ( 75 gms)</p> <p>1 Katori 30 gms (raw weight)</p> <p>1 Katori 100 gms prepared</p> <p>1 Katori 125 gms</p> <p>100 gms</p>	<p>chappati</p> <p>Dal</p> <p>Vegetable (Bhindi)</p> <p>Curd</p> <p>Salad</p>	
<b>During Evening</b>			
<b>Bedtime Snack:</b>	250ml	Tonned Milk	

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# Day 1:

Record **ALL** food and drink consumed during the day including snacks, nibbles, sauces and dressings.  
**Record method of cooking, type and quantity of food.**

**DAY of the week:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i>Early Morning:</i>			
<i>Breakfast:</i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

**Day 1**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>During morning</b></i>			
<i><b>Midday</b></i>			
<i><b>During Afternoon</b></i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

**Day 1**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>Evening Meal:</b></i>			
<i><b>During Evening</b></i>			
<i><b>Bedtime Snack:</b></i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

# Day 2:

Record **ALL** food and drink consumed during the day including snacks, nibbles, sauces and dressings.  
**Record method of cooking, type and quantity of food.**

**DAY of the week:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i>Early Morning:</i>			
<i>Breakfast:</i>			



<b>Participant ID</b>	
<b>Participant initials</b>	

**Day 2**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>During morning</b></i>			
<i><b>Midday</b></i>			
<i><b>During Afternoon</b></i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

**Day 2**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>Evening Meal:</b></i>			
<i><b>During Evening</b></i>			
<i><b>Bedtime Snack:</b></i>			

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Participant initials	

# Day 3:

Record **ALL** food and drink consumed during the day including snacks, nibbles, sauces and dressings.  
**Record method of cooking, type and quantity of food.**

DAY of the week: \_\_\_\_\_ DATE: \_\_\_\_\_

TIME	QUANTITY EATEN	DETAILS OF FOOD & DRINK	THOUGHTS, FEELINGS & PHYSICAL ACTIVITY
<i>Early Morning:</i>			
<i>Breakfast:</i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

**Day 3**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>During morning</b></i>			
<i><b>Midday</b></i>			
<i><b>During Afternoon</b></i>			

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**Day 3**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>Evening Meal:</b></i>			
<i><b>During Evening</b></i>			
<i><b>Bedtime Snack:</b></i>			

<b>Participant ID</b>	
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# Day 4:

Record **ALL** food and drink consumed during the day including snacks, nibbles, sauces and dressings.  
**Record method of cooking, type and quantity of food.**

**DAY of the week:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i>Early Morning:</i>			
<i>Breakfast:</i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

**Day 4**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>During morning</b></i>			
<i><b>Midday</b></i>			
<i><b>During Afternoon</b></i>			

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**Day 4**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>Evening Meal:</b></i>			
<i><b>During Evening</b></i>			
<i><b>Bedtime Snack:</b></i>			



<b>Participant ID</b>	
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# Day 5:

Record **ALL** food and drink consumed during the day including snacks, nibbles, sauces and dressings.  
**Record method of cooking, type and quantity of food.**

**DAY of the week:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i>Early Morning:</i>			
<i>Breakfast:</i>			

<b>Participant ID</b>	
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**Day 5**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i>During morning</i>			
<i>Midday</i>			
<i>During Afternoon</i>			

<b>Participant ID</b>	
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**Day 5**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>Evening Meal:</b></i>			
<i><b>During Evening</b></i>			
<i><b>Bedtime Snack:</b></i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

# Day 6:

Record **ALL** food and drink consumed during the day including snacks, nibbles, sauces and dressings.  
**Record method of cooking, type and quantity of food.**

**DAY of the week:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i>Early Morning:</i>			
<i>Breakfast:</i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

**Day 6**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>During morning</b></i>			
<i><b>Midday</b></i>			
<i><b>During Afternoon</b></i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

**Day 6**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>Evening Meal:</b></i>			
<i><b>During Evening</b></i>			
<i><b>Bedtime Snack:</b></i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

# Day 7:

Record **ALL** food and drink consumed during the day including snacks, nibbles, sauces and dressings.  
**Record method of cooking, type and quantity of food.**

**DAY of the week:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i>Early Morning:</i>			
<i>Breakfast:</i>			

<b>Participant ID</b>	
<b>Participant initials</b>	

**Day 7**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>During morning</b></i>			
<i><b>Midday</b></i>			
<i><b>During Afternoon</b></i>			



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**Day 7**

<b>TIME</b>	<b>QUANTITY EATEN</b>	<b>DETAILS OF FOOD &amp; DRINK</b>	<b>THOUGHTS, FEELINGS &amp; PHYSICAL ACTIVITY</b>
<i><b>Evening Meal:</b></i>			
<i><b>During Evening</b></i>			
<i><b>Bedtime Snack:</b></i>			