

# Food diary (for adults)

Name:

Before your appointment with the dietitian, it would be helpful if you could complete this food diary, recording everything you eat and drink for three days (including a weekend day) and answering the questions below.

Try to record what you eat and drink throughout the day, rather than trying to remember it all at the end of the day. Please remember to bring it with you to your appointment.

If you would like further information, or have any worries, please do not hesitate to ask your nurse or doctor.

## How often do you eat these foods?

Please circle the most appropriate option:

- Chewing gum: rarely / occasionally / frequently
- Apple or pears: rarely / occasionally / frequently
- Onion: rarely / occasionally / frequently
- Garlic: rarely / occasionally / frequently
- Mushrooms: rarely / occasionally / frequently
- Beans or pulses: rarely / occasionally / frequently

## How much do you drink each day?

- Water cups / mugs / glasses
- Squash cups / mugs / glasses
- Tea/Coffee cups / mugs / glasses
- Fizzy drinks cups / mugs / glasses
- Milk cups / mugs / glasses
- Alcohol cups / mugs / glasses
- Fruit juice cups / mugs / glasses

## Supplements and health drinks

Please list any supplements or health drinks you take on a regular basis and provide dosage/volumes:

- .....
- .....
- .....

- .....
- .....
- .....
- .....

## Contact us

Email: [rf.therapiesbarnethospital@nhs.net](mailto:rf.therapiesbarnethospital@nhs.net)

## More information

For more information about nutrition and dietetics at the Royal Free London, please visit our website: [www.royalfree.nhs.uk/services/services-a-z/therapy-services/nutrition-and-dietetics/](http://www.royalfree.nhs.uk/services/services-a-z/therapy-services/nutrition-and-dietetics/)

## Your feedback

If you have any feedback on this leaflet or for a list of references for it, please email: [rf.communications@nhs.net](mailto:rf.communications@nhs.net)

## Alternative formats

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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## Your food diary

Please state amounts and cooking methods where possible and remember to include snacks, drinks, and supplements.

	Day One	Day Two	Day Three
<b>Before breakfast</b>			
<b>Breakfast</b>			
<b>During the morning</b>			
<b>Lunch</b>			
<b>During the afternoon</b>			
<b>Evening meal</b>			
<b>Evening snacks (include alcohol)</b>			
<b>Comments/symptoms</b>			