

A Food Diary is a useful tool to analyze dietary intake. As well as an accurately recorded diary of your food intake, personal information about your lifestyle and weight goals are required to best interpret the data. Please fill in as much details as you can.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ years Height: \_\_\_\_\_ cms Weight: \_\_\_\_\_ lbs / kgs Sex: male / female

Weight goal (circle one): gain / lose / maintain. If gain or lose, how much? \_\_\_\_\_ lbs / kgs

Do you play sport or have specific fitness goals? \_\_\_\_\_

Any nutritional concerns? \_\_\_\_\_

Any injuries or sickness or ongoing medical issues, allergies? \_\_\_\_\_

Relevant social situation - do you cook yourself, work nights etc.? \_\_\_\_\_

details: \_\_\_\_\_

Do you take any supplements/vitamins/sports drink/powders etc.? \_\_\_\_\_

details: \_\_\_\_\_

Current Physical Activity Level (circle one): low / moderate / heavy

Weekly exercise schedule: \_\_\_\_\_

## How to fill in this diary

Please record all food and drinks at each time of the day you eat or drink. Make sure you include as much detail as possible. Be as specific as you can about the food type and amounts. Include all water and hot drinks in the drink category.

Here is an example of how to fill out the page:

|           | time | FOOD<br>(type & amount)   | DRINK<br>(type & amount)  | notes |
|-----------|------|---|---|-------|
| breakfast | 8am  | cornflakes, 1.5 cups<br>low fat milk (2%), 1 cup<br>2 slices thick toast, grain bread<br>butter and jam<br>a small banana | fresh orange<br>juice, 250 ml<br>cup of coffee,<br>2 teaspoons of<br>sugar, no milk |       |

## Once the form is complete

An accurately completed food diary can provide a good approximation of a person's dietary intake. A dietician is required to accurately process this information, and is able to provide a comprehensive analysis, plus give recommendations according to your diet and fitness goals based on the results.

Dietician Clare Wood can prepare a report based on this food diary. For more information, see <http://www.topendsports.com/nutrition/consultation.htm>

# Daily Food Diary

Name: \_\_\_\_\_

Date: \_\_\_\_\_

|   | time | FOOD<br>(type & amount) | DRINK<br>(type & amount) | notes |
|---|------|-------------------------|--------------------------|-------|
| breakfast   |      |                         |                          |       |
| morning   |      |                         |                          |       |
| lunch   |      |                         |                          |       |
| afternoon   |      |                         |                          |       |
| dinner  |      |                         |                          |       |
| evening   |      |                         |                          |       |
| usual<br>physical<br>activity<br>(type and<br>how long) |      |                         |                          |       |