

INSTRUCTIONS FOR THE FOOD DIARY FORM

- ❖ Write down your food intake immediately after each meal. This makes it easier to keep track of small snacks.
- ❖ Write down the time and date of when you started eating.
- ❖ Write down all the food and drink you consume on the days in question, including alcoholic drinks and sweets.
- ❖ Write down foodstuffs in as much detail as possible following the example shown below.
- ❖ Write down one foodstuff per line.
- ❖ Give the amounts in standard volumes (dl, tbsp, tsp, slices, pcs) or grammes.
- ❖ Write down where you ate in the location column: at home, in a school canteen, visiting, at a café, etc.

What kind of milk do you _____, cook with _____
 drink
 What kind of butter/spread _____, cook with _____
 do you make sandwiches
 with
 What kind of salt do you use _____
 at home

FOOD DIARY

Date 10 October 2007

Time	Food and drink	Amount	Location
6:30	oat toast	2 slices	at home
	Keiju 60% margarine	2 tsp	
	Edam 24% cheese	4 slices	
	coffee	3 dl	
	sugar	2 cubes	
	skim milk	a drop	
	whole orange juice	2 dl	
9:00	tea	2 dl	at work
	milk chocolate	4 pieces	
11:30	minced meat sauce	1.5 dl	the canteen at work
	spaghetti, white	3 dl	
	salad with cucumber and tomato	2 dl	
	French dressing	1.5 tbsp	
			etc.