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Social and Health Services
Nutritionists MSV, OT 2018

HOW TO FILL IN THE FOOD DIARY

- Fill in everything you eat during one usual day, or during 2–3 days. One of the days should be a Saturday or a Sunday, and 1–2 days should be weekdays. Write in as much detail as you can, as shown in the example below.
- Make a note of what you or your child eats or drinks immediately, to make sure that not even the smallest snacks are forgotten.
- Also fill in the date and the time when you start eating or drinking.
- Fill in everything you eat and drink during the selected days. Also include products such as soft drinks and sweets.
- Enter one foodstuff per row.
- Use cooking measures (dl, tbsp., tsp., slices, pieces) or grams to indicate the amounts.
- Use the "place" column to mark down the place where you ate, for example home, day care, a school canteen, a staff canteen, someone else's home, a cafe.
- If appropriate, fill in the column about mood, hunger and company.

What kind of milk do you drink? _____
What kind of milk do you use for cooking? _____
What type of fat do you use as bread spread? _____
What type of fat do you use for cooking? _____
What kind of salt do you use at home? _____

Date 16 May 2018

Time	Food and drink	Amount	Place
7:00	oat toast	2 slices	home
	Keiju margarine 60%	2 tsp.	
	edam cheese 24%	4 slices	
	coffee	3 dl	
	sugar	2 cubes	
	semi-skimmed milk	dash	
	orange juice	2 dl	
11:00	minced meat sauce	1.5 dl	staff canteen
	spaghetti, light	3 dl	
	lettuce, cucumber, tomatoes	2 dl	
	French salad dressing	1.5 tbsp.	
14:00	tea	2 dl	work
	milk chocolate	4 pieces	
			etc.

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