

Seven Day Food Diary

Name _____

Date of Birth _____

Address _____

Telephone _____

Height _____ Weight – kg _____

Estimated Daily Activity Level Light Medium Heavy Very heavy

Estimated Quality of Diet Good Average Bad (Circle)

Activity Level Guide

Activity Level	Normal Activities	Sport & Leisure Activities
Light	Light domestic chores, food Preparation, slow walking, Easy gardening, sewing, Un-hurried shopping	
Moderate	Slow cycling, heavy domestic Washing windows, painting, Garden sweeping, carpentry Brisk level walking	Social sports, golf, cycling, cricket
Heavy	Hilly walking (5kg backpack), Construction work	Jogging, slow freestyle swimming, Rollerblading, hockey, tennis
Very Heavy	Hilly walking (20kg backpack), Heavy factory work, carrying logs	

Food Diary Instructions

- Record everything consumed over the seven days
- Include ALL food and beverages from waking until bedtime
- A detailed description of all foods and beverages where possible, e.g. is the bread white, wholemeal, rye?
Are vegetables or fruit peeled or unpeeled?
Is sugar used white, raw, brown?
Dressings and sauces – are they stock, cream or tomato based?
Is milk or yoghurt etc. full fat, reduced fat, no fat?
- Include sizes/amounts of food and beverages consumed e.g. small apple, large glass apple juice, bread plate of vegetables
- Include brand names when possible
- If the food or beverage is unusual try to your best to describe it
- Note type of oils being used e.g. olive oil, butter, margarine
- Include all drinks, this includes water, coffee, teas, alcohol

Seven Day Food Diary for Dietary Analysis

In order to be able to analyse your food intake over a seven day period I request that you do the following:

- Complete the personal information sheet
- Complete the seven day food diary
- Return the forms at your next appointment

At the time of your next follow up consultation I will provide you with nutritional and lifestyle information to assist you with better understanding and managing your health and wellbeing.

Estimating Food & Beverage Portions

Meat, Seafood and Poultry

- Red meat – compare size to the palm of your hand, list cup of mince or number of chops
- Chicken – List type and size, e.g. breast fillet or chicken drumstick
- Fish – specify number and size of fillets (medium fillet = 150gm)

Dairy and Soy Products

- Cheese – 1 matchbox size cheese portion = 30gm
1 slice of cheese = 21gm
- Milk – specify small (120ml), medium (250ml) or large (300ml) glass/cup
- Yoghurt – 1 small tub = 200gm
Eating from a large tub list number or tablespoons eaten
- Ice cream - one scoop = 40ml

Vegetables

Measure in cup sizes. E.g. 1 cup of cooked or raw vegetables

Fruits

List size of fruit, i.e. small, medium or large and pieces of fruit consumed

Breads, Cereals, Pasta & Grains

- Bread – list number or slices for loaves and size of bread rolls
- Pasta/cereals – measure in cup sizes
- Grains - Measure in cup sizes

Cooking Oils

List in teaspoon or tablespoon measurements

Spreads (e.g. butter, margarine)

List if spread used thin or thick

Sugars

Measure teaspoon or tablespoons

Beverages

- Specify small (120ml), medium (250ml) or large (300ml) glass/cup
- Can = 375ml
- Bottle = 600ml

Food Diary Sample Page

Name: *Tony Morrison*

Day: *Wednesday*

Date: *4/7/06*

Time	Food/Beverage	Symptoms
8.00	<i>2 Slices 100% rye toast with ½ avocado 1 medium fuji apple Swisse Womens Multi Vitamin</i>	
11.00	<i>1 small hot chocolate with full fat cows milk</i>	<i>Bloated, sharp stomach pains for ½ hour</i>
13.00	<i>Small can tuna in olive oil with ½ tomato, ½ cup mixed leaves and 1 medium white bread roll</i>	
13.30		<i>Very tired want to have a nap, hard to concentrate, foggy</i>
15.30	<i>Medium cup of black tea with 1 ½ tsp sugar and a splash of cows milk</i>	<i>Bloated and windy, smelly but silent</i>
17.30	<i>1 small tub of low fat Yoplait strawberry flavour</i>	<i>Bloating worse after the yoghurt Skin on legs very itchy</i>
19.30	<i>1 medium fillet of salmon baked with steamed veggies i.e. 1 cup broccoli, ½ cup carrots and 1 small potato</i>	<i>Bloating same as the afternoon, still feel uncomfortable</i>
21.00	<i>A serve of homemade lemon delicious pudding (approx. 2 cups) and 2 tablespoons double cream</i>	<i>Feel uncomfortable, bloated and dull ache in stomach. Skin on legs itchy in bed</i>
	<i>Total water for the day: 1.5 litres</i>	

