



## **Food Diary**

The food diary is designed so that you are able to make an assessment as to what foods you consume on a regular basis. It is important that you do not change your eating habits throughout the diary period.

If you continue eating your usual meals at the end of this process you will be in a position to make an assessment as to what intake can be modified to help control blood sugar levels.

How to use this diary:

1. Eat your usual meals to ensure that you are able to document your usual eating patterns.
2. Complete a full 5 days of eating.
3. Ensure that you document everything. If it seems irrelevant document it anyway.
4. If you are having a salad dressing or any other similar product and you are aware of the brand please ensure that you take a note of it.
5. Ensure that you fill out 1 sheet per day.
6. Ensure that you do this at meal time. Often it is hard to recall everything at the end of the day.
7. Do not concern yourself in regards to trying to work out calories etc. This is not the idea of this exercise.
8. Ensure that you bring your completed food diary to our next session.
9. If you are not sure of something please ask.

Name \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_; Day: \_\_\_\_\_ eg Monday

	Type of food eg Breakfast Cereal or Spaghetti Bolognaise	Added sugar Y/N	How much did you eat?	Was any part of this meal out of a packet? Y/N	What brand if Yes?
Breakfast: food					
Drink					
Morning Tea: food					
Drink					
Lunch: food					
Drink					
Afternoon Tea: food					
Drink					
Dinner: food					
Drink					
Evening Snack					
Drink					
Other					

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