



**NUTRITION
HEALTH
EXPERTS**

Please document all your food and fluid intake in this diary for 3 separate days prior to attending your appointment with the Dietitian.

It may be best to choose 2 weekdays and 1 weekend day to document everything you eat and drink.

The example in the first column is to demonstrate how to fill out a food diary. It is not an indication of healthy eating.

3 Day Food, Fluid and Exercise Diary

My name: _____

Date: _____

Date	<i>Example Day</i>	Day 1	Day 2	Day 3
	<i>Date: Monday 1st July</i>	Date: _____	Date: _____	Date: _____
Breakfast	<i>3 slices wholemeal bread,</i>			
	<i>3 tsp jam, 3 tsp butter</i>			
	<i>1 cup coffee, 1tsp sugar</i>			
Mid-Morning	<i>2 jatz biscuits,</i>			
	<i>1 slice cheese</i>			
Lunch	<i>4 slices wholemeal bread,</i>			
	<i>thin butter,</i>			
	<i>100g salami, lettuce</i>			
Mid-Afternoon	<i>2 scotch finger biscuits</i>			
	<i>1 cup coffee, 1tsp sugar</i>			
Evening Meal	<i>300grams beef, gravy,</i>			
	<i>3 potatoes,</i>			
	<i>½ cup salad, French salad dressing</i>			
Evening Snacks	<i>2 scoops of Ice cream</i>			
Fluids	<i>2 cups water, 2 cups coffee</i>			
	<i>1x 600mls iced coffee</i>			
Exercise	<i>20 mins. walking the dog</i>			
Comments	<i>Felt hungry all day</i>			
	<i>Stressful day at work</i>			