

Example of a diet diary

Instructions on completing a diet diary

Please write down everything you (or your child if completing on their behalf) eats or drinks and the time during the day when consumed – this will help us to advise you on how best to improve your diet. Choose one weekend day and two others.

Please bring the diet diary with you to the next appointment.

Here is an example to show you how the diary may be filled in and issues to explore as you evaluate the diary:

Record of food and drinks eaten and drunk byNAME.

TIME	DAY 1 - Friday	Consider frequency and explore possible alternatives. Remember possible barriers to healthy foods.
7.30	1 cup of orange juice (mls) Breakfast – cereal + sugar + milk 2 rounds of toast with butter and yeast extract	Check the nature of the cereal and sugar content
8.30, on the way to school	2 oatmeal biscuits	Explore why further food is required en route to school and alternatives (if required).
10.30, school break time	Can of sugar sweetened beverage and 'health' bar	Swap for healthy alternative, eg fruit and water
12.45 pm	Lunch ham sandwich, cheese and onion crisps, diet cola	Suggest fruit or chopped up vegetables as a healthy addition Consider replacing diet cola with water
3.30 pm	Banana	Affirm fruit snack
6 pm	Roast chicken, potatoes peas, gravy. Rhubarb crumble and custard	Suggest they either have pudding or chocolate (not both)
7 pm	Packet of chocolate covered sweets	Perhaps have fruit as an alternative after the main meal
8 pm bedtime	Hot chocolate drink and biscuit	Hot unsweetened milk (if required)

Explore with patient or parent feasible change options in line with guidance and behavioural change principles.

Record of food and drinks eaten and drink by

TIME	DAY 1

TIME	DAY 2

TIME	DAY 3