



### AIA Vitality

### FOOD DARY

YOUR NAME:

DATE:

/ /

**Mission Nutrition - Dietitians and Nutritionists** 

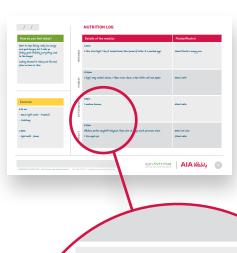
09 948 7999 info@missionnutrition.co.nz missionnutrition.co.nz

### Food Diary

### **Instructions:**

- Please record amounts and description of all food and drinks vou have. Be specific!
- Try to record at the time of eating rather than from memory at the end of your day
- Include all meals, snacks and treats even if they aren't part of your normal pattern of eating i.e. Biscuits, chips, lollies, ice creams etc.
- Include all types of drinks i.e. Water, coffee, tea, hot chocolate, sports drinks, fruit juice, wine, beer etc.
- · Record any additions to food such as sauces, butter, dressings, pickles, sugar, salt etc.
- · Describe cooking methods i.e. Stir fry, steamed, fried, baked etc.
- List amount and type of fats used in cooking i.e. Olive oil, butter, coconut oil
- Please record brand names of foods eaten where possible. i.e:
  - Milk → Calci trim milk
  - Cereal → Kelloggs special K
  - Biscuit → Digestive biscuit
  - Bread ── Vogels
- · Name the type of meat, fish or cheese i.e. Rump, prime mince, snapper fillet, edam cheese etc.
- Indicate serving size i.e. Bread sandwich or toast slice, small/medium pita pocket etc.
- Describe amounts of food eaten as accurately as possible
- Metric measures i.e. Teaspoon, tablespoon or cups
- · Weights as marked on the packaging of the food i.e. 150gm fruit yoghurt

### Example entry:



3.30pm

**AFTERNOON** 

NIGHT

1 medium bahaha

6:45pm

Medium portion spaghetti bolognese, thosph olive oil,

1 slice apple pie







	Details of the meal(s)	Fluids/Alcohol
MORNING		
MIDDAY		
AFTERNOON		
NIGHT		





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MORNING		
MIDDAY		
AFTERNOON		
NIGHT		





	Details of the meal(s)	Fluids/Alcohol
MORNING		
MIDDAY		
AFTERNOON		
NIGHT		





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MORNING		
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NIGHT		





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