



AIA Vitality

FOOD DARY

YOUR NAME:

DATE:

/ /

Mission Nutrition - Dietitians and Nutritionists

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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





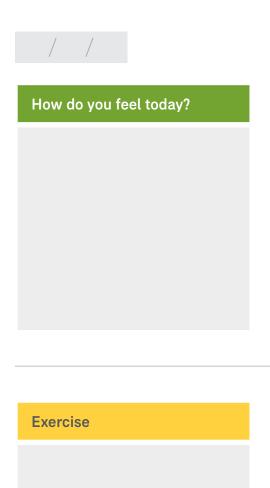


How do you feel today? Exercise

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



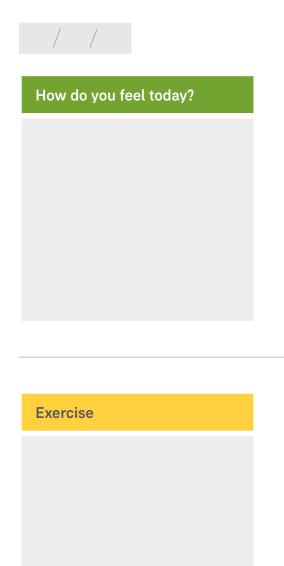




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MORNING		
MIDDAY		
AFTERNOON		
NIGHT		



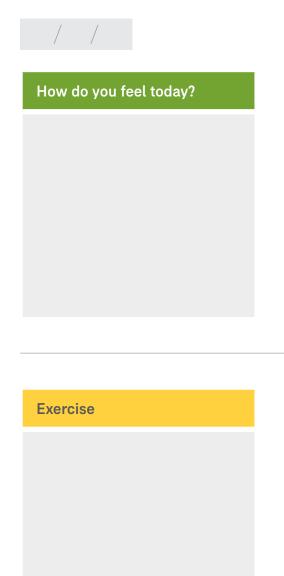




	Details of the meal(s)	Fluids/Alcohol
MORNING		
MIDDAY		
AFTERNOON		
NIGHT		



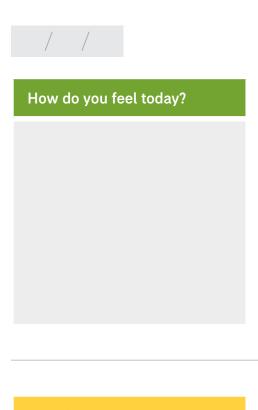




	Details of the meal(s)	Fluids/Alcohol
MORNING		
MIDDAY		
AFTERNOON		
NIGHT		







Exercise

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



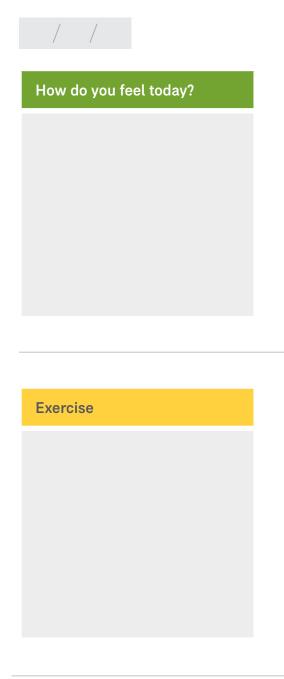


How do you feel today? Exercise

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