

Mission Nutrition  
Dietitians & Nutritionists



AIA Vitality

# FOOD DIARY

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 you 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:

NUTRITION LOG		
How do you feel today?	Details of the meals?	Fluids/Alcohol
<p><b>How do you feel today?</b></p> <p>Blank to help reflect on energy and performance in 2 weeks                      Feeling great/Feeling just getting used to the change                      Feeling stressed by eating and the need to eat more than usual</p>	<p><b>MEALS</b></p> <p>12:00pm                      2 slices toast (Vogel's) 1 cup 2% low fat milk 1 small apple</p> <p>1:30pm                      1 cup 2% low fat milk 1 slice toast 1 cup 2% low fat milk 1 small apple</p> <p>4:00pm                      1 medium banana</p> <p>6:45pm                      1 medium portion spaghetti bolognese 1/2 cup olive oil 1 slice apple pie</p>	<p>1 small glass orange juice</p> <p>1 small glass water</p> <p>1 small glass water</p> <p>1 small glass water</p>

**AFTERNOON**

3:30pm  
1 medium banana

**NIGHT**

6:45pm  
Medium portion spaghetti bolognese, 1/2 cup olive oil, 1 slice apple pie



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How do you feel today?

Empty box for recording how you feel today.

Exercise

Empty box for recording exercise.

**NUTRITION LOG**

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

/ /

How do you feel today?

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Exercise

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### NUTRITION LOG

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

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	Details of the meal(s)	Fluids/Alcohol
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MIDDAY		
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	Details of the meal(s)	Fluids/Alcohol
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