

DAY 3	
Date:	FOOD & DRINK
Breakfast	
Mid Morning	
Lunch	
Afternoon	
Dinner	
Supper	
Other	

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Produced by Registered Dietitians in East Berkshire
Revised: DEC 2020 Review Date: DEC 2022



Food Diary



Name:

NHS No:

Date of Birth:

Telephone Number:

Dietitian:

Completing a food diary is an excellent way to help you become more aware of what you are eating. Please record all food and drinks consumed, (including brand names) for three days. Please try and include at least one weekend day. There is no need to change the way you are eating at present.

DAY 1 Date:	FOOD & DRINK
Breakfast	
Mid Morning	
Lunch	
Afternoon	
Dinner	
Supper	
Other	

DAY 2 Date:	FOOD & DRINK
Breakfast	
Mid Morning	
Lunch	
Afternoon	
Dinner	
Supper	
Other	