

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

Information
for patients

NHS

Berkshire Healthcare
NHS Foundation Trust

Food Diary



Name:

NHS No:

Date of Birth:

Telephone Number:

Dietitian:

Berkshire Healthcare NHS Foundation Trust is committed to the eight principles of the Data Protection Act 1998. We have implemented technology and security policies, rules and measures to protect the personal data that we have under our control from: unauthorised access, improper use, alteration, unlawful or accidental destruction. For further information please contact the Data Protection Officer, 2nd/3rd Floor, Fitzwilliam House, Skimped Hill Lane, Bracknell, RG12 1BQ.

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	