



## **HOW TO KEEP YOUR FOOD AND DRINK DIARY**

Please record **ALL** the food and drink that you consume during the days of the study period.

Eat and drink normally, as if no record was being kept.

Record at least 2 weekdays, and 1 weekend day, to account for variation.

### **How to record**

Please save each recorded day on a separate file, naming the file with the day and date that you recorded, e.g. Friday\_28-11-12.xlsx

Write **ONLY ONE FOOD/DRINK PER LINE**. E.g. bread and butter are each separate foods.

## What to record

1. Record the date and your body weight for that day. Make sure you weigh yourself, first thing in the morning before having breakfast.
2. Describe the MEAL TYPE, by selecting e.g. "Breakfast", "Snack", "Lunch" etc from the dropdown list.
3. State what time that meal was consumed.
4. Describe the FOOD or DRINK item, providing as much detail as possible, e.g. indicating the cut of meat, kind of bread, percentage of fat in dairy products, and making sure you record the BRAND NAMES for commercial products.  
e.g.  
"lean beef sirloin" (DON'T RECORD "meat")  
"Burgen Soy-Linseed sliced bread (DON'T RECORD "bread")  
"Berri unsweetened orange juice" (DON'T RECORD "juice")  
"Jalna blueberry low-fat yogurt" (DON'T RECORD "yogurt")
4. Record as accurately as you can the AMOUNT of food or drink consumed and state the MEASURE used by selecting from the relevant dropdown list. If weighing is not possible, please approximate as accurately as you can in household measures e.g. cups and spoons.

## Do not forget

Record accompaniments such as gravies, sauces, pickles, spreads, butter added to vegetables, oil to salads, milk and sugar in coffee or tea.

Record **ALL** the supplements you consume, like vitamins, protein shakes, energy drinks, dietary supplements e.g. bran, fish oil etc. Please record the Brand name and the name of the supplement as accurately as possible.

Research shows that **90% of the population underreports** its energy intake on food records. To avoid this, eat as you normally do over the recording period, record everything and report accurately.