

**NATIONAL DIET AND NUTRITION SURVEY**

***Food and Drink Diary***

**DIARY START DATE:** \_\_\_\_\_

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SERIAL NUMBER (7 digits)

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RESPONDENT No

**First name:**

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**Sex:** Male / Female

**Date of birth:**

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**INTERVIEWER NUMBER:**

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**INTERVIEWER NAME:**

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## NATIONAL DIET AND NUTRITION SURVEY

# *Food and Drink Diary*

|  |       |
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| If you have any queries about how to complete the diary please contact a member of the NDNS team on freephone <b>0800 652 4572</b> between 8.30am-5.30pm. |
|---|

## PLEASE READ THROUGH THESE PAGES BEFORE STARTING YOUR DIARY

We would like you to keep this diary of **everything you eat and drink** over 4 days. Please include all food consumed at home and outside the home e.g. work, college or restaurants. It is very important that you do not change what you normally eat and drink just because you are keeping this record. Please keep to your usual food habits.

### Day and Date

Please write down the day and date at the top of the page each time you start a new day of recording.

### Time Slots

Please note the time of each eating occasion into the space provided. For easy use each day is divided into sections,

### Where and with whom?

Please tell us what **room or part of the house** you were in when you ate, e.g. kitchen, living room, If you ate at your work canteen, a restaurant, fast food chain or your car, write that location down. We would also like to know **who you share your meals with**, e.g. whether you ate alone or with others. If you ate with others please describe their relationship to you e.g. partner, children, colleagues, or friends. We would also like to know **when you ate at a table** and **when you were watching television whilst eating**. For those occasions where you were **not** at a table or watching TV please write 'Not at table' or 'No TV' rather than leaving it blank.

### What do you eat?

Please describe the food you eat in as much detail as possible. Be as specific as you can. Pages 16 - 21 will help with the sort of detail we need, like **cooking methods** (fried, grilled, baked etc) and any **additions** (fats, sugar/sweeteners, sauces, pepper etc).

#### ☐ Homemade dishes

If you have eaten any **homemade dishes** e.g. chicken casserole, please record the name of the recipe, ingredients with amounts (including water or other fluids) for the whole recipe, the number of people the recipe serves, and the cooking method. Write this down in the recipe section at the end of the record day. Record how much of the whole recipe you have eaten in the portion size column (see examples on pages 4 - 15).

#### ☐ Take-aways and eating out

If you have eaten **take-aways** or **made up dishes not prepared at home** such as at a restaurant or a friend's house, please record as much detail about the ingredients as you can e.g. vegetable curry containing chickpeas, aubergine, onion and tomato.

### Brand name

Please note the **brand name** (if known). Most packed foods will list a brand name, e.g. Bird's eye, Hovis, or Supermarket own brands.

#### ☐ Labels/Wrappers

Labels are an important source of information for us. It helps us a great deal if you enclose, in the plastic bag provided, labels from all **ready meals**, labels from **foods of lesser known brands** and also from any **supplements** you take.



### **Portion sizes**

Examples for how to describe the **quantity** or **portion size** you had of a particular food or drink are shown on pages 16 - 21.

For foods, quantity can be described using:

- **household measures**, e.g. one teaspoon (tsp) of sugar, two thick slices of bread, 4 tablespoons (tbsp) of peas, ½ cup of gravy. Be careful when describing amounts in spoons that you are referring to the correct spoon size. Compare the spoons you use with the life size pictures at the back of this diary.
- **weights from labels**, e.g. 4oz steak, 420g tin of baked beans, 125g pot of yoghurt
- **number of items**, e.g. 4 fish fingers, 2 chicken nuggets, 1 Rich Tea biscuit
- **picture examples** for specific foods on pages 22-24.

For drinks, quantity can be described using:

- the **size of glass, cup etc** (e.g. large glass) or the **volume** (e.g. 300ml). Examples of typical drinks containers are on pages 26-27.
- **volumes from labels** (e.g. 330ml can of fizzy drink).

We would like to know the **amount that was actually eaten** which means taking into account leftovers. You can do this in two ways:

1. Record what was served and note what was not eaten e.g. 3 tbsp of peas, only 2 tbsp eaten; 1 weetabix, ate ½
2. Only record the amount actually eaten i.e. 2 tbsp of peas; ½ weetabix

### **Was it a typical day?**

After each day of recording you will be prompted to tell us whether this was a typical day or whether there were any reasons why you ate and drank more or less than usual.

### **Supplements**

At the end of each recording day there is a section for providing information about any supplements you took. Brand name, full name of supplement, strength and the amount taken should be recorded.

### **When to fill in the diary**

**Please record your eating as you go, not from memory** at the end of the day. Use written notes on a pad if you forget to take your diary with you. Each diary day covers a 24hr period, so please include any food or drinks that you may have had during the night. Remember to include foods and drinks between meals (snacks) including water.

Overleaf you can see 2 example days that have been filled in by different people. These examples show you how we would like you to record your food and drink, for example a ready meal and a homemade dish. Your **instruction booklet** contains further examples such as how to describe food eaten in a restaurant.

**It only takes a few minutes for each eating occasion!**  
**For your convenience a separate booklet with instructions and examples is provided.**

**Thank you for your time – we really appreciate it!**

| <b>Day</b> <i>Thurs</i> |   | <b>Date</b> <i>31st March</i>  |   |  |
|-------------------------|---|--|---|--|
| <b>Time</b>             | <b>Where?<br/>With Whom?<br/>TV on?<br/>At table?</b> | <b>Food/Drink description &amp; preparation</b>  | <b>Brand Name</b>   | <b>Portion size or<br/>quantity <u>eaten</u></b>                               |
| <b>6am to 9am</b>       |   |  |   |  |
| <i>6.30<br/>am</i>      | <i>Kitchen<br/>Alone<br/>No TV<br/>Standing</i>       | <i>Filter coffee, decaffeinated<br/>milk (fresh, semi-skimmed)<br/>Sugar white</i>   | <i>Douwe Egberts<br/><br/>Silterspoon</i>                             | <i>Mug<br/>A little<br/>1 level tsp</i>  |
| <i>7.30<br/>am</i>      | <i>Kitchen<br/>Partner<br/>TV on<br/>At table</i>     | <i>Filter coffee with milk and sugar<br/>Cornflakes<br/>Milk (fresh, semi-skimmed)<br/>Toast, granary medium sliced<br/>Light spread<br/>Marmalade</i> | <i>As above<br/>Tesco's own<br/><br/>Hovis<br/>Flora<br/>Hartleys</i> | <i>As above<br/>1b<br/>drowned<br/>1 slice<br/>med spread<br/>1 heaped tsp</i> |
| <b>9am to 12 noon</b>   |   |  |   |  |
| <i>10.15<br/>am</i>     | <i>Work desk<br/>Alone</i>                            | <i>Instant coffee, not decaffeinated<br/>Milk (fresh, whole)<br/>Sugar brown</i>   | <i>Kenco</i>  | <i>Mug<br/>A little<br/>1 level tsp</i>  |
| <i>11 am</i>            | <i>Work desk<br/>Alone</i>                            | <i>Digestive biscuit – chocolate coated on one side</i>  | <i>McVities</i>   | <i>2</i>   |

| Time                  | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation   | Brand Name   | Portion size or<br>quantity <u>eaten</u>  |
|-----------------------|---|--|--|---|
| <b>12 noon to 2pm</b> |   |  |  |   |
| 12.30<br>pm           | Tea room at work<br>Colleagues              | <p><i>Ham salad sandwich from home</i><br/> <i>Bread, wholemeal, thick sliced</i><br/> <i>Light spread</i></p> <p><i>Low fat Mayonnaise</i><br/> <i>Smoked ham thinly sliced</i><br/> <i>Lettuce, iceberg</i><br/> <i>Cucumber with skin</i></p> <p><i>Unsweetened orange juice from canteen</i></p> <p><i>Apple with skin from home, Braeburn</i></p> | <p><i>Tesco's own</i><br/> <i>Flora</i></p> <p><i>Hellmans</i><br/> <i>Tesco's own</i></p> <p><i>Tropicana</i></p> | <p><i>2 slices</i><br/> <i>thin spread on 1</i><br/> <i>slice</i></p> <p><i>2 teaspoons</i><br/> <i>2 slices</i><br/> <i>1 leaf</i><br/> <i>4 thin slices</i></p> <p><i>250ml carton</i></p> <p><i>medium size, core</i><br/> <i>left</i></p> |
| <b>2pm to 5pm</b>     |   |  |  |   |
| 3 pm                  | Meeting room at<br>work<br>With supervisor  | <p><i>Tea, decaffeinated</i><br/> <i>Milk (fresh, whole)</i><br/> <i>Jaffa cake – mini variety</i></p>   | <p><i>Twinnings</i><br/> <i>Tesco's own</i><br/> <i>McVities</i></p>   | <p><i>Mug</i><br/> <i>Some</i><br/> <i>6</i></p>  |

| Time               | Where?<br>With Whom?<br>TV on?<br>At table?    | Food/Drink description & preparation  | Brand Name   | Portion size or<br>quantity <u>eaten</u>  |
|--------------------|--|---|--|---|
| <b>5pm to 8pm</b>  |  |   |  |   |
| 6.30 pm            | Pub, partner                                   | Gin<br>Tonic water diet<br>Lager<br>Salted peanuts  | Gordon's<br>Schweppes<br>Draught<br>KP             | Single measure<br>1/2 small glass<br>1 pint<br>1 handful  |
| 8 pm               | Dining room<br>Family<br>No TV<br>At table     | Spaghetti, wholemeal<br>Bolognese sauce (see recipe)<br>Courgettes (fried in butter)<br>Tinned peaches in juice (juice drained)<br>Single cream UHT<br><br>Orange squash No Added Sugar | Tesco's own<br><br>Prince's<br><br>Sainsbury's own | 3b<br>6 tablespoons<br>4 tablespoons<br>3 halves<br>1 tablespoon<br><br>200ml glass, 1 part<br>squash, 3 parts tap<br>water |
| <b>8pm to 10pm</b> |  |   |  |   |
| 9 pm               | Sitting room<br>Alone<br>TV on<br>Not at table | Grapes, green, seedless<br><br>Chocolates, chocolate creams<br>Potato crisps, Prawn Cocktail  | Bendicks<br>Walkers                                | 15<br><br>2<br>25g bag from<br>multipack  |
| <b>10pm to 6am</b> |  |   |  |   |
| 10.30 pm           | Bed room<br>Partner<br>No TV<br>Not at table   | Camomile tea<br>(no milk or sugar)  | Twinnings  | 1 mug   |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☒

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☒

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Went to pub after work

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☒

No ☐

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes ☒

No ☐

If yes, **please describe the supplements you took below**

| <b>Brand</b>                 | <b>Name (in full) including strength</b>            | <b>Number of pills, capsules, teaspoons</b> |
|------------------------------|---|---|
| <i>Healthspan</i>            | <i>Omega3 fish oil with vitamin A, C, D &amp; E</i> | <i>2 capsules</i>                           |
| <i>Boots</i>                 | <i>Calcium (1000mg) with vitamin D</i>              | <i>1 tablet</i>                             |
| <i>Holland &amp; Barrett</i> | <i>Vitamin C 60mg</i>                               | <i>1 tablet</i>                             |
|                              |   |   |
|                              |   |   |
|                              |   |   |
|                              |   |   |

**Please record over the page details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**

**Write in recipes or ingredients of made up dishes or take-away dishes**

**NAME OF DISH** *Bolognese sauce*

**SERVES:** 4

| <b>Ingredients</b>              | <b>Amount</b>         | <b>Ingredients</b>                       | <b>Amount</b> |
|---------------------------------|-----------------------|--|---------------|
| <i>Co-op low fat beef mince</i> | <i>500g</i>           | <i>Lea &amp; Perrins Worcester sauce</i> | <i>dash</i>   |
| <i>garlic</i>                   | <i>3 cloves</i>       |  |               |
| <i>onion</i>                    | <i>1 medium</i>       |  |               |
| <i>sweet red pepper</i>         | <i>1 medium</i>       |  |               |
| <i>Napoli chopped tomatoes</i>  | <i>400g tin</i>       |  |               |
| <i>Tesco tomato puree</i>       | <i>1 tablespoon</i>   |  |               |
| <i>Tesco olive oil</i>          | <i>1 tablespoon</i>   |  |               |
| <i>mixed herbs</i>              | <i>1 dessertspoon</i> |  |               |

**Brief description of cooking method**

*Fry onion & garlic in oil, add mince and fry till brown.*

*Add pepper, tomatoes, puree, Worcester sauce & herbs. Simmer for 30 mins*

| <b>Day</b> <i>Friday</i>     |  | <b>Date</b> <i>28.09.2007</i>   |  |   |
|------------------------------|--|---|--|---|
| <b>Time</b>                  | <b>Where?<br/>With Whom?<br/>At table?<br/>TV on?</b>              | <b>Food/Drink description &amp; preparation</b>                                 | <b>Brand Name</b>                        | <b>Portion size or<br/>quantity <u>eaten</u></b>          |
| <b><i>6am to 9am</i></b>     |  |   |  |   |
| <i>8.00<br/>am</i>           | <i>Café take away –<br/>eating on my way<br/>to work<br/>Alone</i> | <i>Cappuccino, no sugar</i><br><br><i>Blueberry muffin, regular not low fat</i> | <i>Starbucks</i><br><br><i>Starbucks</i> | <i>Medium size</i><br><br><i>One</i>                      |
| <i>8.45<br/>am</i>           | <i>Office desk<br/>Alone</i>                                       | <i>Tap water</i>  |  | <i>300 ml glass</i>                                       |
| <b><i>9am to 12 noon</i></b> |  |   |  |   |
| <i>10am</i>                  | <i>Office desk<br/>Alone</i>                                       | <i>Banana</i><br><br><i>Black tea<br/>semi-skimmed milk, no sugar</i>           | <i>Typhoo<br/>Asda</i>                   | <i>One, medium size</i><br><br><i>Large Mug<br/>A lot</i> |



| Time                         | Where?<br>With Whom?<br>At table?<br>TV on?                                | Food/Drink description & preparation   | Brand Name   | Portion size or<br>quantity <u>eaten</u>                                    |
|------------------------------|--|--|--|---|
| <b><i>12 noon to 2pm</i></b> |  |  |  |   |
| <i>1 pm</i>                  | <i>Work tea room<br/>With colleague</i>                                    | <i>Crayfish sandwich<br/>multiseed bread, wholemeal, medium cut,<br/>crayfish in lemon mayonnaise, no other spread<br/>rocket leaves</i><br><br><i>Apple &amp; Raspberry fruit drink</i> | <i>M&amp;S pre-packed<br/>Sandwich</i><br><br><i>J2O</i> | <i>2 slices<br/>Medium filling<br/>6 to 8</i><br><br><i>1 bottle, 275ml</i> |
| <b><i>2pm to 5pm</i></b>     |  |  |  |   |
| <i>4.30<br/>pm</i>           | <i>Friends House<br/>Lounge<br/>With Friend<br/>Not at table<br/>TV on</i> | <i>Coffee, instant<br/>Semi-skimmed milk</i><br><br><i>Fairy Cake, homemade, see recipe</i>  | <i>Kenco</i>   | <i>Medium mug<br/>A lot</i><br><br><i>1 cake</i>                            |

| Time               | Where?<br>With Whom?<br>At table?<br>TV on?             | Food/Drink description & preparation   | Brand Name  | Portion size or<br>quantity <u>eaten</u>        |
|--------------------|---|--|---|---|
| <b>5pm to 8pm</b>  |   |  |   |   |
| 7.30<br>pm         | Kitchen/Diner<br>With boyfriend<br>At table<br>No TV    | Chicken in creamy mushroom and white wine<br>sauce for 2, oven<br><br>White rice, boiled<br><br>Wine | Sainsbury's, 370g<br>(wrapper collected)<br><br>Easy cook, Italian,<br>Sainsbury's<br><br>Sauvignon Blanc,<br>New Zealand | ½ pack<br><br>2C<br><br>1 small glass,<br>125ml |
| <b>8pm to 10pm</b> |   |  |   |   |
| 9.15<br>pm         | Sitting Room<br>With boyfriend<br>Not at table<br>TV on | Squash, apple & blackcurrant, no added sugar,<br><br>Crisps  | Sainsbury's<br><br>Pringles, sour cream<br>and chives   | 1 average glass,<br>200ml<br><br>5              |
| <b>10pm to 6am</b> |   |  |   |   |
| 11.30<br>pm        | Bedroom<br>Alone<br>Not at table<br>TV on               | Water  | tap   | 1 medium glass                                  |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☒

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

Felt unwell

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☒

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

Felt unwell

*Please tell us why you had more than usual*

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☒

No ☐

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes ☒

No ☐

If yes, **please describe the supplements you took below**

| Brand                        | Name (in full) including strength    | Number of pills, capsules, teaspoons |
|------------------------------|--------------------------------------|--------------------------------------|
| <i>Holland &amp; Barrett</i> | <i>Evening Primrose Oil – 1000mg</i> | <i>1 capsule</i>                     |
| <i>Holland &amp; Barrett</i> | <i>Super EPA fish oil – 1000mg</i>   | <i>1 capsule</i>                     |
|                              |                                      |                                      |
|                              |                                      |                                      |
|                              |                                      |                                      |
|                              |                                      |                                      |
|                              |                                      |                                      |

**Please record over the page details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**

| Write in recipes or ingredients of made up dishes or take-away dishes   |                   |                                      |                      |
|---|-------------------|--------------------------------------|----------------------|
| <b>NAME OF DISH</b> <i>Fairy Cakes</i>  |                   | <b>SERVES:</b> <i>makes 20 cakes</i> |                      |
| <b>Ingredients</b>  | <b>Amount</b>     | <b>Ingredients</b>                   | <b>Amount</b>        |
| <i>Tate &amp; Lyle caster sugar</i>   | <i>175g</i>       | <i>Silver Spoon icing sugar</i>      | <i>140g</i>          |
| <i>Anchor butter, unsalted</i>  | <i>175g</i>       | <i>Yellow food colouring</i>         | <i>3 drops</i>       |
| <i>Co-op eggs</i>   | <i>3</i>          | <i>water</i>                         | <i>2 tablespoons</i> |
| <i>Homepride self-raising flour</i>   | <i>175g</i>       |                                      |                      |
| <i>Baking powder</i>  | <i>1 teaspoon</i> |                                      |                      |
|   |                   |                                      |                      |
|   |                   |                                      |                      |
|   |                   |                                      |                      |
| <b>Brief description of cooking method</b><br><br><i>Mix together and bake for 15 min.</i><br><br><i>Mix icing sugar with water and add colouring. Approx. 1 teaspoon of icing on each cake</i> |                   |                                      |                      |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b><i>Food/Drink</i></b>             | <b><i>Description &amp; Preparation</i></b>  | <b><i>Portion size or quantity</i></b>                 |
|--------------------------------------|--|--|
| Bacon                                | Back, middle, streaky; smoked or un-smoked; fat eaten; dry-fried or fried in oil/fat (type used) or grilled rashers  | Number of rashers                                      |
| Baked beans                          | Standard, reduced salt or reduced sugar  | Spoons, weight of tin                                  |
| Beefburger (hamburger)               | Home-made (ingredients), from a packet or take-away; fried (type of oil/fat), microwaved or grilled; economy; with or without bread roll, with or without salad e.g. lettuce, tomato | Large or small, ounces or in grams if info on package  |
| Beer                                 | What sort e.g. stout, bitter, lager; draught, canned, bottled; low-alcohol or home-made  | Number of pints or half pints, size of can or bottle   |
| Biscuits                             | What sort e.g. cheese, wafer, crispbread, sweet, chocolate (fully or half coated), shortbread, home-made   | Number, size (standard or mini variety)                |
| Bread (see also sandwiches)          | Wholemeal, granary, white or brown; currant, fruit, malt; large or small loaf; sliced or unsliced loaf   | Number of slices; thick, medium or thin slices         |
| Bread rolls                          | Wholemeal, white or brown; alone or with filling; crusty or soft   | Size, number of rolls                                  |
| Breakfast cereal (see also porridge) | What sort e.g. Kellogg's cornflakes; any added fruit and/or nuts; Muesli – with added fruit, no added sugar/salt variety   | Spoons or picture 1                                    |
| Buns and pastries                    | What sort e.g. iced, currant or plain, jam, custard, fruit, cream; type of pastry; homemade or bought  | Size, number   |
| Butter, margarine & fat spreads      | Give full product name   | Thick/average/thin spread; spoons                      |
| Cake                                 | What sort: fruit (rich), sponge, fresh cream, iced, chocolate coated; type of filling e.g. buttercream, jam  | Individual or size of slice, packet weight, picture 10 |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b>Food/Drink</b>       | <b>Description &amp; Preparation</b>   | <b>Portion size or quantity</b>  |
|-------------------------|--|--|
| Cereal bars             | What sort; with fruit/nuts, coated with chocolate/yoghurt; fortified with vitamins/minerals  | Weight/size of bar; from multipack                                     |
| Cheese                  | Type e.g. cheddar, cream, cottage, soft; low fat   | Picture 9, or number of slices, number of spoons                       |
| Chips                   | Fresh, frozen, oven, microwave, take-away (where from); thick/straight/crinkle/fine cut; type of oil/fat used for cooking  | Picture 4, as A, B, or C or 2 x B, etc                                 |
| Chocolate(s)            | What sort e.g. plain, milk, white, fancy, diabetic; type of filling;   | Weight/size of bar   |
| Coffee                  | With milk (see section on milk); half milk/half water; all milk; ground/filter, instant; decaffeinated. If café/takeaway, was it cappuccino, latte etc           | Cups or mugs, size of takeaway e.g. small. medium                      |
| Cook-in sauces          | What sort; pasta, Indian, Chinese, Mexican; tomato, white or cheese based; does meat or veg come in sauce; jar or can  | Spoons, size of can or jar   |
| Cream                   | Single, whipped, double or clotted; dairy or non-dairy; low-fat; fresh, UHT/Longlife; imitation cream e.g. Elmlea  | Spoons   |
| Crisps                  | What sort e.g. potato, corn, wheat, maize, vegetable etc; low-fat or low-salt; premium variety e.g. Kettle chips, Walker's Sensations                            | Packet weight, standard or from multipack                              |
| Custard                 | Pouring custard or egg custard; made with powder and milk/sugar, instant, ready to serve (tinned or carton); low fat, sugar free                                 | Spoons   |
| Egg                     | Boiled, poached, fried, scrambled, omelette (with or without filling); type of oil/fat, milk added   | Number of eggs, large, medium or small                                 |
| Fish (including canned) | What sort e.g. cod, tuna; fried (type of oil/fat), grilled, poached (water or milk) or steamed; with batter or breadcrumbs; canned in oil, brine or tomato sauce | Size of can or spoons (for canned fish) or picture 7 for battered fish |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b><i>Food/Drink</i></b>                  | <b><i>Description &amp; Preparation</i></b>   | <b><i>Portion size or quantity</i></b>   |
|---|---|--|
| Fish cakes & fish fingers                 | Type of fish; plain or battered or in breadcrumbs; fried, grilled, baked or microwaved; economy   | Size, number, packet weight  |
| Fruit - fresh                             | What sort; eaten with or without skin   | Small, medium or large   |
| Fruit - stewed/canned                     | What sort; sweetened or unsweetened; in fruit juice or syrup; juice or syrup eaten  | Spoons, weight of can  |
| Fruit – juice (pure)                      | What sort e.g. apple, orange; sweetened or unsweetened; pasteurised or UHT/Longlife; freshly squeezed; added vitamins/minerals, omega 3   | Glass (size or volume) or carton size  |
| Ice cream                                 | Flavour; dairy or non-dairy alternatives e.g. soya; luxury/premium  | Spoons/ scoops   |
| Jam, honey                                | What sort; low-sugar/diabetic; shop bought/brand or homemade  | Spoons, heaped or level, or thin or thick spread   |
| Marmalade                                 | Type; low-sugar; thick cut; shop bought/brand or homemade   | Spoons, heaped or level, or thin or thick spread   |
| Meat (see also bacon, burgers & sausages) | What sort; cut of meat e.g. chop, breast, minced; lean or fatty; fat removed or eaten; skin removed or eaten; how cooked; with or without gravy   | Large/small/medium, spoons, or picture 6 for stew portion  |
| Milk                                      | What sort; whole, semi-skimmed, skimmed or 1% fat; fresh, sterilized, UHT, dried; soya milk (sweetened/unsweetened), goats' milk, rice milk, oat milk; flavoured; fortified with added vitamins and/or minerals | Pints, glass (size or volume) or cup.<br>On cereal: <i>damp/normal/drowned</i> . In tea/coffee: <i>a little/some/a lot</i> |



Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b><i>Food/Drink</i></b>            | <b><i>Description &amp; Preparation</i></b>   | <b><i>Portion size or quantity</i></b>  |
|-------------------------------------|---|---|
| Nuts                                | What sort; dry roasted, ordinary salted, honey roasted; unsalted  | Packet weight, handful  |
| Pie (sweet or savoury)              | What sort/filling; one pastry crust or two; type of pastry  | Individual or slice, or picture 8   |
| Pizza                               | Thin base/deep pan or French bread; topping e.g. meat, fish, veg; stuffed crust   | Individual, slice, fraction of large pizza e.g. $\frac{1}{4}$                                       |
| Porridge                            | Made with oats or cornmeal or instant oat cereal; made with milk and/or water; added sugar, honey, syrup or salt; with milk or cream  | Bowls, spoons   |
| Potatoes (see also chips)           | Old or new; baked, boiled, roast (type of oil/fat); skin eaten; mashed (with butter/spread and with or without milk); fried/chips (type of oil/fat); instant; any additions e.g. butter | Mash – spoons, number of half or whole potatoes, small or large potatoes                            |
| Pudding                             | What sort; e.g. steamed sponge; with fruit; mousse; instant desserts; milk puddings   | Spoons, picture 10 for slice of sponge  |
| Rice                                | What sort; e.g. basmati, easy cook, long or short grain; white or brown; boiled or fried (type of oil/fat)  | Spoons or picture 2   |
| Salad                               | Ingredients; if with dressing what sort (oil and vinegar, mayonnaise)   | Amount of each component  |
| Sandwiches and rolls                | Type of bread/roll (see Bread & Rolls); butter or margarine; type of filling; including salad, mayonnaise, pickle etc. If shop-bought, where from?                                      | Number of rolls or slices of bread; amount of butter/margarine (on both slices?); amount of filling |
| Sauce – cold (including mayonnaise) | Tomato ketchup, brown sauce, soy sauce, salad cream, mayonnaise; low fat;   | Spoons  |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b>Food/Drink</b>                         | <b>Description &amp; Preparation</b>  | <b>Portion size or quantity</b>                |
|---|---|--|
| Sauce – hot (see also cook-in sauces)     | What sort; savoury or sweet; thick or thin; for gravy - made with granules, stock cube, dripping or meat juices                   | Spoons   |
| Sausages                                  | What sort; e.g. beef, pork; fried (type of oil/fat) or grilled; low fat   | Large or small, number                         |
| Sausage rolls                             | Type of pastry  | Size - jumbo, standard, mini                   |
| Scone                                     | Fruit, sweet, plain, cheese; type of flour; homemade  | Small, medium or large                         |
| Savoury snacks - in packet                | What sort: e.g. Cheddars, cheese straws, Twiglets, Pretzels   | Size (standard or mini variety), packet weight |
| Smoothies                                 | If homemade give recipe. If shop-bought, what does it contain e.g. fruit, milk/yoghurt, fruit juice                               | Glass or bottle (size or volume)               |
| Soft drinks – squash/ concentrate/cordial | Flavour; no added sugar/low calorie/sugar free; “high” juice; fortified with added vitamins and/or minerals                       | Glass (size or volume)                         |
| Soft drinks – carbonated/fizzy            | Flavour; diet/low-calorie; canned or bottled; cola – caffeine free  | Glass, can or bottle (size or volume)          |
| Soft drinks – ready to drink              | Flavour; no added sugar/low calorie/sugar free; real fruit juice? If so, how much?; fortified with added vitamins and/or minerals | Glass, carton or bottle (size or volume)       |
| Soup                                      | What sort; cream or clear; fresh/chilled, canned, instant or vending machine. If home-made, give recipe                           | Spoons, bowl or mug                            |
| Spaghetti, other pasta                    | What sort; fresh/chilled or dried; white, wholemeal; canned in sauce; type of filling if ravioli, cannelloni etc                  | Spoons (or how much dry pasta) or picture 3    |
| Spirits                                   | What sort: e.g. whisky, gin, vodka, rum   | Measures as in pub                             |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b>Food/Drink</b>                             | <b>Description &amp; Preparation</b>  | <b>Portion size or quantity</b>                                      |
|---|---|--|
| Sugar   | Added to cereals, tea, coffee, fruit, etc; what sort; e.g. white, brown, demerara   | Heaped or level teaspoons  |
| Sweets  | What sort: e.g. toffees, boiled sweets, diabetic, sugar-free  | Number, packet weight  |
| Tea   | With/without milk (see section on milk); decaffeinated, herb  | Mugs or cups   |
| Vegetables (not including potatoes)           | What sort; how cooked/raw; additions e.g. butter, other fat or sauce  | Spoons, number of florets or sprouts, weight from tins or packet     |
| Wine, sherry, port                            | White, red; sweet, dry; low-alcohol   | Glass (size or volume)   |
| Yoghurt (inc drinking yoghurt), fromage frais | What sort: e.g. natural/plain or flavoured; creamy, Greek, low-fat, very low fat/diet, soya; with fruit pieces or fruit flavoured; twinpot; fortified with added vitamins and/or minerals; longlife/UHT; probiotic  | Pot size or spoons   |
| Home-made dishes                              | Please say what the dish is called (record recipe or details of dish if you can in the section provided) and how many persons it serves   | Spoons – heaped or level, number, size                               |
| Ready-made meals                              | Full description of product; does it contain any accompaniments e.g. rice, vegetables, sauces; chilled or frozen; microwaved, oven cooked, boil-in-the-bag; low fat, healthy eating range. Enclose label and ingredients list if possible in your plastic bag | Packet weight (if didn't eat whole packet describe portion consumed) |
| Take-away food or food eaten out              | Please say what the dish is called and give main ingredients if you can. Give name of a chain restaurant e.g. McDonalds   | Spoons, portion size e.g. small/medium/large                         |

Use the pictures to help you indicate the size of the portion you have eaten.  
Write on the food record the picture number and size A, B or C nearest to your own helping.

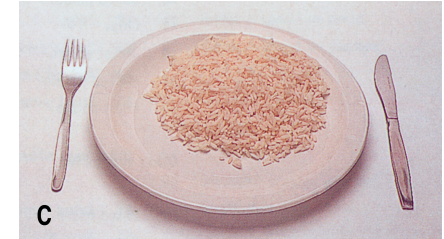
Remember that the pictures are much smaller than life size.  
The actual size of the dinner plate is 10 inches (25cm), the side plate, 7 inches (18cm), and the bowl, 6.3 inches (16cm).

The tables on pages 16-21 also give examples of foods that you might eat and how much information is required about them.

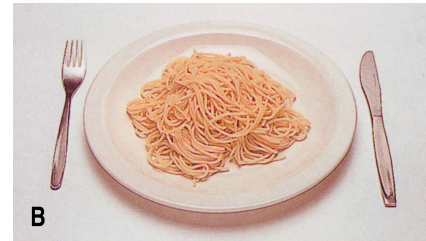
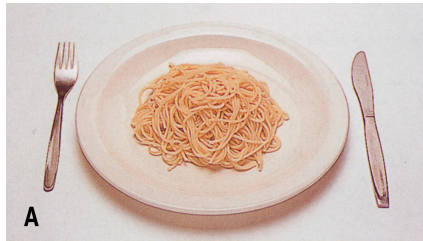
#### 1. Breakfast cereals



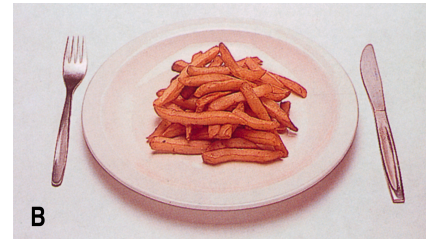
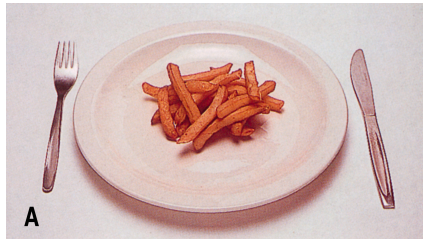
## 2. Rice



## 3. Spaghetti



## 4. Chips





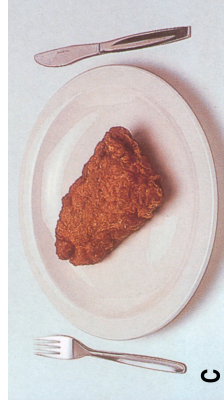
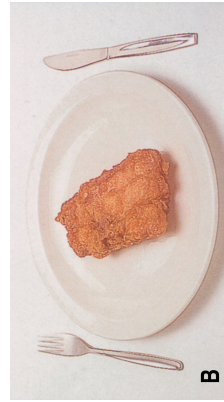
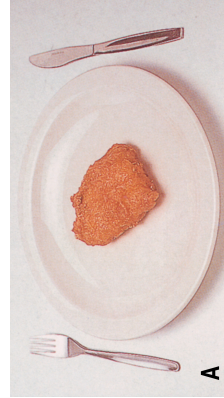
5. Broccoli or cauliflower



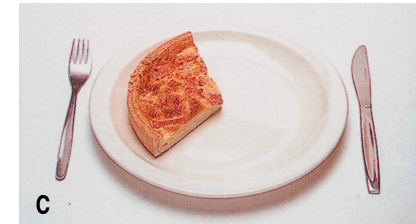
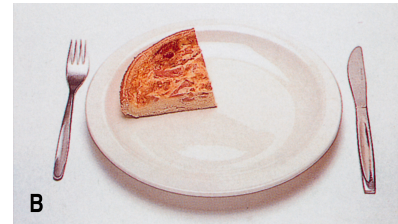
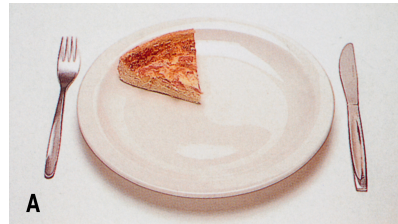
6. Stew or curry



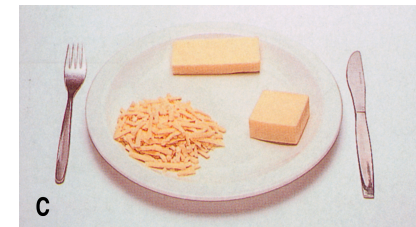
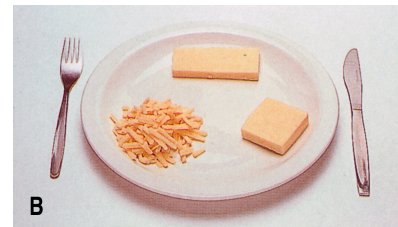
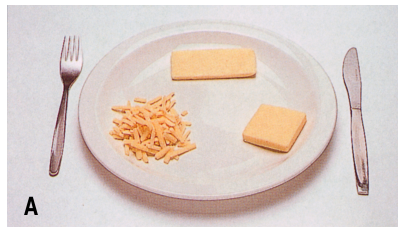
7. Battered fish



8. Quiche / Pie



9. Cheese



10. Sponge cake



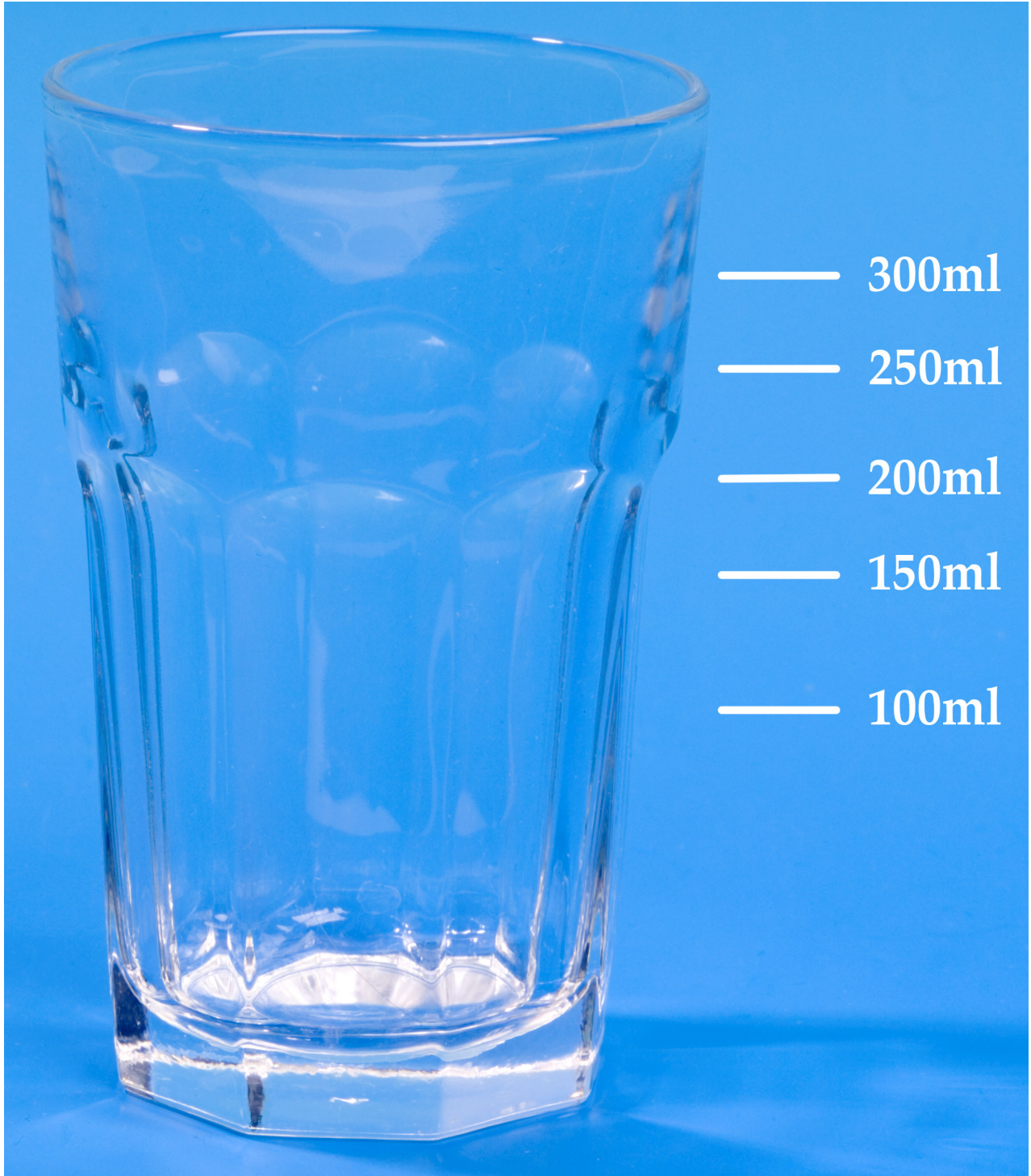
**Typical quantities of drinks in various containers  
measured in millilitres (ml)**

|                        | <b>Small<br/>glass</b> | <b>Average<br/>glass</b> | <b>Large<br/>glass</b> | <b>Vending<br/>cup</b> | <b>Cup</b> | <b>Mug</b> |
|------------------------|------------------------|--------------------------|------------------------|------------------------|------------|------------|
| <b>Soft<br/>drinks</b> | <b>150</b>             | <b>200</b>               | <b>300</b>             |                        |            |            |
| <b>Wine</b>            | <b>125</b>             | <b>175</b>               | <b>250</b>             |                        |            |            |
| <b>Hot drinks</b>      |                        |                          |                        | <b>170</b>             | <b>190</b> | <b>260</b> |

Glasses come in different shapes and sized. On the next page is a life size glass showing approximate volumes. You can use this picture as a guide for estimating how much volume of drink the glass holds you are drinking from.



## Life Size Glass





# DAY 1

|                |   |                                      |            |  |
|----------------|---|--------------------------------------|------------|--|
| Day 1          |   | Date                                 |            |  |
| Time           | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
| 6am to 9am     |   |                                      |            |  |
|                |   |                                      |            |  |
| 9am to 12 noon |   |                                      |            |  |
|                |   |                                      |            |  |

| Time                  | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
|-----------------------|---|--------------------------------------|------------|--|
| <i>12 noon to 2pm</i> |   |                                      |            |  |
|                       |   |                                      |            |  |
| <i>2pm to 5pm</i>     |   |                                      |            |  |
|                       |   |                                      |            |  |

| Time        | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
|-------------|---|--------------------------------------|------------|--|
| 5pm to 8pm  |   |                                      |            |  |
|             |   |                                      |            |  |
| 8pm to 10pm |   |                                      |            |  |
|             |   |                                      |            |  |
| 10pm to 6am |   |                                      |            |  |
|             |   |                                      |            |  |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes, ☐ usual      No, **less** ☐ than usual

No, **more** ☐ than usual

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes, ☐ usual      No, **less** ☐ than usual

No, **more** ☐ than usual

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☐

No ☐

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes ☐

No ☐

If yes, **please describe the supplements you took below**

| Brand | Name (in full) including strength | Number of pills, capsules, teaspoons |
|-------|-----------------------------------|--------------------------------------|
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |

**Please record on the next pages details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**



**Write in recipes or ingredients of made up dishes or take-away dishes**

| <i><b>NAME OF DISH</b></i> | <i><b>Serves:</b></i> |
|----------------------------|-----------------------|
|----------------------------|-----------------------|

| <i><b>NAME OF DISH</b></i> | <i><b>Serves:</b></i> |
|----------------------------|-----------------------|
|----------------------------|-----------------------|

## Ingredients

| Amount |
|--------|
|--------|

## Ingredients

| Amount |
|--------|
|--------|

[illegible]

| Brief description of cooking method |  |
|-------------------------------------|--|
|                                     |  |

**Write in recipes or ingredients of made up dishes or take-away dishes**

| NAME OF DISH |  |
|--------------|--|
|--------------|--|

**SERVES:** \_\_\_\_\_

## Ingredients

| Amount |
|--------|
|--------|

## Ingredients

| Amount |
|--------|
|--------|

[illegible]

| Brief description of cooking method |  |
|-------------------------------------|--|
|                                     |  |

# DAY 2

|                |   |                                      |            |  |
|----------------|---|--------------------------------------|------------|--|
| Day 2          |   | Date                                 |            |  |
| Time           | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
| 6am to 9am     |   |                                      |            |  |
|                |   |                                      |            |  |
| 9am to 12 noon |   |                                      |            |  |
|                |   |                                      |            |  |

| Time                  | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
|-----------------------|---|--------------------------------------|------------|--|
| <i>12 noon to 2pm</i> |   |                                      |            |  |
|                       |   |                                      |            |  |
| <i>2pm to 5pm</i>     |   |                                      |            |  |
|                       |   |                                      |            |  |

| Time               | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
|--------------------|---|--------------------------------------|------------|--|
| <i>5pm to 8pm</i>  |   |                                      |            |  |
|                    |   |                                      |            |  |
| <i>8pm to 10pm</i> |   |                                      |            |  |
|                    |   |                                      |            |  |
| <i>10pm to 6am</i> |   |                                      |            |  |
|                    |   |                                      |            |  |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes, usual ☐ No, **less** than usual ☐

No, **more** than usual ☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes, usual ☐ No, **less** than usual ☐

No, **more** than usual ☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☐

No ☐

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes ☐

No ☐

If yes, **please describe the supplements you took below**

| Brand | Name (in full) including strength | Number of pills, capsules, teaspoons |
|-------|-----------------------------------|--------------------------------------|
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |

**Please record on the next pages details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**



|   |        |             |        |
|---|--------|-------------|--------|
| Write in recipes or ingredients of made up dishes or take-away dishes |        |             |        |
| NAME OF DISH  |        | SERVES:     |        |
| Ingredients   | Amount | Ingredients | Amount |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
| Brief description of cooking method                                   |        |             |        |
|   |        |             |        |

**Write in recipes or ingredients of made up dishes or take-away dishes**

| NAME OF DISH |  |
|--------------|--|
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| 99           |  |
| 100          |  |

**SERVES:**

## Ingredients

Amount

## Ingredients

| Amount |
|--------|
|--------|

| Brief description of cooking method |  |  |  |  |
|-------------------------------------|--|--|--|--|
|                                     |  |  |  |  |

**DAY 3**

|                |   |                                      |            |  |
|----------------|---|--------------------------------------|------------|--|
| Day 3          |   | Date                                 |            |  |
| Time           | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
| 6am to 9am     |   |                                      |            |  |
|                |   |                                      |            |  |
| 9am to 12 noon |   |                                      |            |  |
|                |   |                                      |            |  |

| Time                  | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
|-----------------------|---|--------------------------------------|------------|--|
| <i>12 noon to 2pm</i> |   |                                      |            |  |
|                       |   |                                      |            |  |
| <i>2pm to 5pm</i>     |   |                                      |            |  |
|                       |   |                                      |            |  |

| Time        | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
|-------------|---|--------------------------------------|------------|--|
| 5pm to 8pm  |   |                                      |            |  |
|             |   |                                      |            |  |
| 8pm to 10pm |   |                                      |            |  |
|             |   |                                      |            |  |
| 10pm to 6am |   |                                      |            |  |
|             |   |                                      |            |  |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes, usual ☐ No, **less** than usual ☐

No, **more** than usual ☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes, usual ☐ No, **less** than usual ☐

No, **more** than usual ☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☐

No ☐

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes ☐

No ☐

If yes, **please describe the supplements you took below**

| Brand | Name (in full) including strength | Number of pills, capsules, teaspoons |
|-------|-----------------------------------|--------------------------------------|
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |

**Please record on the next pages details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**



**Write in recipes or ingredients of made up dishes or take-away dishes**

| <i><b>NAME OF DISH</b></i> | <i><b>SERVES:</b></i> |
|----------------------------|-----------------------|
|----------------------------|-----------------------|

| <i><b>NAME OF DISH</b></i> | <i><b>SERVES:</b></i> |
|----------------------------|-----------------------|
|----------------------------|-----------------------|

## Ingredients

| Amount |
|--------|
|--------|

## Ingredients

| Amount |
|--------|
|--------|

| Brief description of cooking method |  |
|-------------------------------------|--|
|                                     |  |

| Write in recipes or ingredients of made up dishes or take-away dishes |        |             |        |
|---|--------|-------------|--------|
| NAME OF DISH  |        | SERVES:     |        |
| Ingredients   | Amount | Ingredients | Amount |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
|   |        |             |        |
| Brief description of cooking method                                   |        |             |        |

# DAY 4

***Please remember to complete the general questions on pages 61-66!***

|                              |   |   |                   |  |
|------------------------------|---|---|-------------------|--|
| <b>Day 4</b>                 |   | <b>Date</b>                                     |                   |  |
| <b>Time</b>                  | <b>Where?<br/>With Whom?<br/>TV on?<br/>At table?</b> | <b>Food/Drink description &amp; preparation</b> | <b>Brand Name</b> | <b>Portion size or<br/>quantity <u>eaten</u></b> |
| <b><i>6am to 9am</i></b>     |   |   |                   |  |
|                              |   |   |                   |  |
| <b><i>9am to 12 noon</i></b> |   |   |                   |  |
|                              |   |   |                   |  |

| Time                  | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
|-----------------------|---|--------------------------------------|------------|--|
| <i>12 noon to 2pm</i> |   |                                      |            |  |
|                       |   |                                      |            |  |
| <i>2pm to 5pm</i>     |   |                                      |            |  |
|                       |   |                                      |            |  |

| Time               | Where?<br>With Whom?<br>TV on?<br>At table? | Food/Drink description & preparation | Brand Name | Portion size or<br>quantity <u>eaten</u> |
|--------------------|---|--------------------------------------|------------|--|
| <i>5pm to 8pm</i>  |   |                                      |            |  |
|                    |   |                                      |            |  |
| <i>8pm to 10pm</i> |   |                                      |            |  |
|                    |   |                                      |            |  |
| <i>10pm to 6am</i> |   |                                      |            |  |
|                    |   |                                      |            |  |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☐

No ☐

If no, please go back to the diary and **make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes ☐

No ☐

If yes, **please describe the supplements you took below**

| Brand | Name (in full) including strength | Number of pills, capsules, teaspoons |
|-------|-----------------------------------|--------------------------------------|
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |

**Please record on the next pages details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**



**Write in recipes or ingredients of made up dishes or take-away dishes**

***NAME OF DISH***

***SERVES:***

***Ingredients***

***Amount***

***Ingredients***

***Amount***

|  |  |  |  |
|--|--|--|--|
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|  |  |  |  |

***Brief description of cooking method***

Write in recipes or ingredients of made up dishes or take-away dishes

**NAME OF DISH**

**SERVES:**

**Ingredients**

**Amount**

**Ingredients**

**Amount**

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
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|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Brief description of cooking method**

**General questions about your food/ drink in the last 4 days.**

**Special diet**

1. Did you follow a special diet in the last 4 days e.g. vegetarian, cholesterol lowering, weight reducing?

Yes ☐

*Please specify*

No ☐

**Milk**

2. Which type of milk did you use most often in the last 4 days?

Whole, fresh, ☐  
pasteurised

Semi-skimmed fresh, ☐  
pasteurised

Skimmed (fat free) fresh, ☐  
pasteurised

1% fat milk, ☐  
pasteurised

Dried ☐

*Type*

Soya ☐

*Type*

Other ☐

*Type*

Did not use ☐

## Tea and coffee

3. How much milk did you usually have in coffee/ tea?

Coffee    A lot ☐    Some ☐    A little ☐    None/did not drink ☐

Tea        A lot ☐    Some ☐    A little ☐    None/did not drink ☐

4. Did you usually sweeten your coffee/ tea with sugar?

Coffee                      Yes ☐    How many teaspoons in a mug/cup? ☐                      No/did not drink ☐

Tea                         Yes ☐    How many teaspoons in a mug/cup? ☐                      No/did not drink ☐

5. Did you usually sweeten your coffee/ tea with artificial sweetener?

Coffee                      Yes ☐    How many tablets or teaspoons in a mug/cup? ☐                      No/did not drink ☐

Tea                         Yes ☐    How many tablets or teaspoons in a mug/cup? ☐                      No/did not drink ☐

6. Did you drink decaffeinated coffee/ tea in the last 4 days?

Coffee        Always ☐    Sometimes ☐    Never ☐

Tea            Always ☐    Sometimes ☐    Never ☐

## Breakfast cereals

7. How much milk did you usually have on breakfast cereal?

Drowned ☐ Average ☐ Damp ☐ None/did not eat ☐

8. How did you usually make your porridge?

With all water ☐ With all milk ☐ With milk and water ☐ Did not eat ☐

9. Did you usually sweeten or salt your porridge?

With sugar ☐ With honey ☐ With salt ☐ Neither/did not eat ☐

10. How did you usually make your instant oat cereal?

With all water ☐ With all milk ☐ With milk and water ☐ Did not eat ☐

11. Did you usually sweeten or salt your instant oat cereal?

With sugar ☐ With honey ☐ With salt ☐ Neither/did not eat ☐

## Fats for spreading and cooking

12. How thickly did you spread butter, margarine on bread, crackers etc?

Thick ☐ Medium ☐ Thin ☐ None ☐

13. Which type of fat spread did you use most often in the last 4 days? Please record the full product name and fat content.

e.g. *Flora Omega 3 plus, low fat spread, 38% fat, polyunsaturated*

Name:

14. Which type of cooking fat/oil did your household use most often in the last 4 days? Please record the full product name.

e.g. *Sainsbury's sunflower oil*

Name:

## Bread

15. Which type of bread did you eat most often in the last 4 days?

White ☐ Granary ☐ Wholemeal ☐ Brown ☐

50/50 bread e.g.  
Hovis Best of Both ☐

Other ☐

Type

Did not eat ☐

16. Was it a large loaf or a small loaf?

Large ☐ Small ☐

17. If the bread was shop bought, how was it sliced?

Thick ☐ Medium ☐ Thin ☐ Unsliced ☐

### **Meat**

18. If you ate meat in the last 4 days, did you eat the visible fat?

Always ☐ Sometimes ☐ Never ☐ Did not eat meat ☐

19. If you ate poultry (e.g. chicken, turkey) in the last 4 days, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat poultry ☐

### **Fruit and vegetables**

20. If you ate apples in the last 4 days, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

21. If you ate pears in the last 4 days, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

22. If you ate new potatoes in the last 4 days, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

23. If you ate baked/jacket potatoes in the last 4 days, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

### **Salt**

24. Do you add salt to your food at the table?

Always ☐ Sometimes ☐ Never ☐

25. Do you add salt substitute to your food at the table? *e.g. LoSalt*

Always ☐ Sometimes ☐ Never ☐

### **Water**

26. Which type of water did you drink most often in the last 4 days?

Tap ☐ Filtered ☐ Bottled ☐ *brand*

***Thank you for completing this diary.***



## **Acknowledgements**

Thanks for permission to use pictures from:

Nelson, M., Atkinson, M.  
& Meyer, J. (1997).

*A Photographic Atlas of Food Portion Sizes.*  
London, MAFF Publications.



## NATIONAL DIET AND NUTRITION SURVEY

# ***Food and Drink Diary Instructions***



## NATIONAL DIET AND NUTRITION SURVEY

# ***Food and Drink Diary Instructions***

|   |       |
|---|-------|
| Instructions.....                             | 2-3   |
| Diary examples.....                           | 4-27  |
| Examples and advice on food descriptions..... | 28-33 |
| Pictures for food portion size guidance.....  | 34-37 |
| <i>Breakfast cereals</i>                      |       |
| <i>Rice</i>                                   |       |
| <i>Spaghetti</i>                              |       |
| <i>Chips</i>                                  |       |
| <i>Broccoli or cauliflower</i>                |       |
| <i>Stew or curry</i>                          |       |
| <i>Battered fish</i>                          |       |
| <i>Quiche/Pie</i>                             |       |
| <i>Cheese</i>                                 |       |
| <i>Sponge cake</i>                            |       |
| Drink volume guidance.....                    | 38-39 |

If you have any queries about how to complete the diary please contact a member of the NDNS Team at NatCen on freephone **0800 652 4572** between 8.30am-5.30pm.

## PLEASE READ THROUGH THESE PAGES BEFORE STARTING YOUR DIARY

We would like you to keep this diary of everything you eat and drink over 4 days. Please include all food consumed at home and outside the home e.g. work, college or restaurants. It is very important that you do not change what you normally eat and drink just because you are keeping this record. Please keep to your usual food habits.

### Day and Date

Please write down the day and date at the top of the page each time you start a new day of recording.

### Time Slots

Please note the time of each eating occasion into the space provided.

### Where and with whom?

For each eating occasion, please tell us what **room or part of the house** you were in when you ate, e.g. kitchen, living room, If you ate at your work canteen, a restaurant, fast food chain or your car, write that location down. We would also like to know **who you share your meals with**, e.g. whether you ate alone or with others. If you ate with others please describe their relationship to you e.g. partner, children, colleagues, or friends. We would also like to know **when you ate at a table** and **when you were watching television whilst eating**. For those occasions where you were **not** at a table or watching TV please write 'Not at table' or 'No TV' rather than leaving it blank.

### What do you eat?

Please describe the food you eat in as much detail as possible. Be as specific as you can. Pages 28 - 33 will help with the sort of detail we need, like **cooking methods** (fried, grilled, baked etc) and any **additions** (fats, sugar/sweeteners, sauces, pepper etc).

#### ☐ Homemade dishes

If you have eaten any **homemade dishes** e.g. chicken casserole, please record the name of the recipe, ingredients with amounts (including water or other fluids) for the whole recipe, the number of people the recipe serves, and the cooking method. Write this down in the recipe section at the end of the record day. Record how much of the whole recipe you have eaten in the portion size column (see examples on pages 4 - 27).

#### ☐ Take-aways and eating out

If you have eaten **take-aways** or **made up dishes not prepared at home** such as at a restaurant or a friend's house, please record as much detail about the ingredients as you can e.g. vegetable curry containing chickpeas, aubergine, onion and tomato.

### Brand name

Please note the **brand name** (if known). Most packed foods will list a brand name, e.g. Bird's eye, Hovis, or Supermarket own brands.

#### ☐ Labels/Wrappers

Labels are an important source of information for us. It helps us a great deal if you enclose, in the plastic bag provided, labels from all **ready meals**, labels from **foods of lesser known brands** and also from any **supplements** you take.

### **Portion sizes**

Examples for how to describe the **quantity** or **portion size** you had of a particular food or drink are shown on pages 28 - 33.

For foods, quantity can be described using:

- **household measures**, e.g. 1 teaspoon (tsp) of sugar, 2 thick slices of bread, 4 tablespoons (tbsp) of peas, ½ cup of gravy. Be careful when describing amounts in spoons that you are referring to the correct spoon size. Compare the spoons you use with the life size pictures at the back of this diary.
- **weights from labels**, e.g. 4oz steak, 420g tin of baked beans, 125g pot of yoghurt
- **number of items**, e.g. 4 fish fingers, 2 pieces of chicken nuggets, 1 regular size jam filled doughnut
- **picture examples** for specific foods on pages 34 - 36.

For drinks, quantity can be described using:

- the **size of glass, cup etc** (e.g. large glass) or the **volume** (e.g. 300ml). Examples of typical drinks containers are on 38 – 39.
- **volumes from labels** (e.g. 330ml can of fizzy drink).

We would like to know the **amount that was actually eaten** which means taking **leftovers** into account. You can do this in two ways:

1. Record what was served and note what was not eaten e.g. 3 tbsp of peas, only 2 tbsp eaten; 1 large sausage roll, ate only ½
2. Only record the amount actually eaten i.e. 2 tbsp of peas; ½ a large sausage roll

### **Was it a typical day?**

After each day of recording you will be prompted to tell us whether this was a typical day or whether there were any reasons why you ate and drank more or less than usual.

### **Supplements**

At the end of each recording day there is a section for providing information about any supplements you took. Brand name, full name of supplement, strength and the amount taken should be recorded.

### **When to fill in the diary**

**Please record your eating as you go, not from memory** at the end of the day. Use written notes on a pad if you forget to take your diary with you. Each diary day covers a 24hr period, so please include any food or drinks that you may have had during the night. Remember to include foods and drinks between meals (snacks) including water.

Overleaf you can see **examples of 4 days** that have been filled in by different people. These examples show you how we would like you to record your food and drink, for example a ready meal and a homemade dish.

|  |
|--|
| <b>It only takes a few minutes for each eating occasion!</b> |
|--|

**Thank you for your time – we really appreciate it!**

| <b>Day</b> <i>Thurs</i> |  | <b>Date</b> <i>31 March</i>  |   |  |
|-------------------------|--|--|---|--|
| <b>Time</b>             | <b>Where?<br/>With whom?<br/>TV on?<br/>Table?</b>                 | <b>Food/Drink description &amp; preparation</b>  | <b>Brand Name</b>   | <b>Portion size or quantity <u>eaten</u></b>                                   |
| <b>6am to 9am</b>       |  |  |   |  |
| <i>6.30 am</i>          | <i>Kitchen<br/>Alone<br/>No TV<br/>Not at table<br/>(standing)</i> | <i>Filter coffee, decaffeinated<br/>milk (fresh, semi-skimmed)<br/>Sugar white</i>   | <i>Douwe Egberts<br/><br/>Silterspoon</i>                             | <i>Mug<br/>A little<br/>1 level tsp</i>  |
| <i>7.30 am</i>          | <i>Kitchen<br/>Partner<br/>TV on<br/>At table</i>                  | <i>Filter coffee with milk and sugar<br/>Cornflakes<br/>Milk (fresh, semi-skimmed)<br/>Toast, granary medium sliced<br/>Light spread<br/>Marmalade</i> | <i>As above<br/>Tesco's own<br/><br/>Hovis<br/>Flora<br/>Hartleys</i> | <i>As above<br/>1B<br/>drowned<br/>1 slice<br/>med spread<br/>1 heaped tsp</i> |
| <b>9am to 12 noon</b>   |  |  |   |  |
| <i>10.15 am</i>         | <i>Office desk<br/>Alone</i>                                       | <i>Instant coffee, not decaffeinated<br/>Milk (fresh, whole)<br/>Sugar brown</i>   | <i>Kenco</i>  | <i>Mug<br/>A little<br/>1 level tsp</i>  |
| <i>11 am</i>            | <i>Office desk<br/>Alone</i>                                       | <i>Digestive biscuit – chocolate coated on one site</i>  | <i>McVities</i>   | <i>2</i>   |



| Time                  | Where?<br>With whom?<br>TV on?<br>Table? | Food/Drink description & preparation   | Brand Name  | Portion size or quantity <u>eaten</u>   |
|-----------------------|--|--|---|---|
| <b>12 noon to 2pm</b> |  |  |   |   |
| 12.30 pm              | Work tea room<br>With colleagues         | <p>Ham salad sandwich from home<br/>Bread, wholemeal, thick sliced<br/>Light spread</p> <p>Low fat Mayonnaise<br/>Smoked ham thinly sliced<br/>Lettuce, iceberg<br/>Cucumber with skin</p> <p>Unsweetened orange juice from canteen</p> <p>Apple with skin from home, Braeburn</p> | <p>Tesco's own<br/>Flora</p> <p>Hellmans<br/>Tesco's own</p> <p>Tropicana</p> | <p>2 slices<br/>thin spread on 1<br/>slice</p> <p>2 teaspoons<br/>2 slices<br/>1 leaf<br/>4 thin slices</p> <p>250ml carton</p> <p>medium size, core<br/>left</p> |
| <b>2pm to 5pm</b>     |  |  |   |   |
| 3 pm                  | Meeting room<br>With supervisor          | <p>Tea, decaffeinated<br/>Milk (fresh, whole)<br/>Jaffa cake – mini variety</p>  | <p>Twinings<br/>Tesco's own<br/>McVities</p>                                  | <p>Mug<br/>Some<br/>6</p>   |

| Time               | Where?<br>With whom?<br>TV on?<br>Table?       | Food/Drink description & preparation  | Brand Name   | Portion size or<br>quantity <u>eaten</u>  |
|--------------------|--|---|--|---|
| <b>5pm to 8pm</b>  |  |   |  |   |
| 6.30 pm            | Pub, partner                                   | Gin<br>Tonic water diet<br>Lager<br>Salted peanuts  | Gordon's<br>Schweppes<br>Draught<br>KP             | Single measure<br>1/2 small glass<br>1 pint<br>1 handful  |
| 8 pm               | Dining room<br>Family<br>TV off<br>At table    | Spaghetti, wholemeal<br>Bolognese sauce (see recipe)<br>Courgettes (fried in butter)<br>Tinned peaches in juice (juice drained)<br>Single cream UHT<br><br>Orange squash No Added Sugar | Tesco's own<br><br>Prince's<br><br>Sainsbury's own | 3b<br>6 tablespoons<br>4 tablespoons<br>3 halves<br>1 tablespoon<br><br>200ml glass, 1 part<br>squash, 3 parts tap<br>water |
| <b>8pm to 10pm</b> |  |   |  |   |
| 9 pm               | Sitting room<br>Alone<br>TV on<br>Not at table | Grapes, green, seedless<br><br>Chocolates, chocolate creams<br>Potato crisps, Prawn Cocktail  | Bendicks<br>Walkers                                | 15<br><br>2<br>25g bag from<br>multipack  |
| <b>10pm to 6am</b> |  |   |  |   |
| 10.30 pm           | Bed room<br>Partner<br>No TV<br>Not at table   | Camomile tea<br>(no milk or sugar)  | Twinnings  | 1 mug   |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☒

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☒

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Went to pub after work

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☒

No ☐

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes ☒

No ☐

If yes, **please describe the supplements you took below**

| <b>Brand</b>                 | <b>Name (in full) including strength</b>            | <b>Number of pills, capsules, teaspoons</b> |
|------------------------------|---|---|
| <i>Healthspan</i>            | <i>Omega3 fish oil with vitamin A, C, D &amp; E</i> | <i>2 capsules</i>                           |
| <i>Boots</i>                 | <i>Calcium (1000mg) with vitamin D</i>              | <i>1 tablet</i>                             |
| <i>Holland &amp; Barrett</i> | <i>Vitamin C 60mg</i>                               | <i>1 tablet</i>                             |
|                              |   |   |
|                              |   |   |
|                              |   |   |
|                              |   |   |

**Please record over the page details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**

**Write in recipes or ingredients of made up dishes or take-away dishes**

**NAME OF DISH** *Bolognese sauce*

**SERVES:** 4

| <b>Ingredients</b>              | <b>Amount</b>         | <b>Ingredients</b>                       | <b>Amount</b> |
|---------------------------------|-----------------------|--|---------------|
| <i>Co-op low fat beef mince</i> | <i>500g</i>           | <i>Lea &amp; Perrins worcester sauce</i> | <i>dash</i>   |
| <i>garlic</i>                   | <i>3 cloves</i>       |  |               |
| <i>onion</i>                    | <i>1 medium</i>       |  |               |
| <i>sweet red pepper</i>         | <i>1 medium</i>       |  |               |
| <i>Napoli chopped tomatoes</i>  | <i>400g tin</i>       |  |               |
| <i>Tesco tomato puree</i>       | <i>1 tablespoon</i>   |  |               |
| <i>Tesco olive oil</i>          | <i>1 tablespoon</i>   |  |               |
| <i>mixed herbs</i>              | <i>1 dessertspoon</i> |  |               |

**Brief description of cooking method**

*Fry onion & garlic in oil, add mince and fry till brown.*

*Add pepper, tomatoes, puree, Worcester sauce & herbs. Simmer for 30 mins*

| <b>Day</b> <i>Friday</i>     |  | <b>Date</b> <i>28.09.2007</i>   |  |   |
|------------------------------|--|---|--|---|
| <b>Time</b>                  | <b>Where?<br/>With whom?<br/>TV on?<br/>Table?</b>                 | <b>Food/Drink description &amp; preparation</b>                                 | <b>Brand Name</b>                        | <b>Portion size or<br/>quantity <u>eaten</u></b>          |
| <b><i>6am to 9am</i></b>     |  |   |  |   |
| <i>8.00<br/>am</i>           | <i>Café take away –<br/>eating on my way<br/>to work<br/>Alone</i> | <i>Cappuccino, no sugar</i><br><br><i>Blueberry muffin, regular not low fat</i> | <i>Starbucks</i><br><br><i>Starbucks</i> | <i>Medium size</i><br><br><i>One</i>                      |
| <i>8.45<br/>am</i>           | <i>Office desk<br/>Alone</i>                                       | <i>Tap water</i>  |  | <i>300 ml glass</i>                                       |
| <b><i>9am to 12 noon</i></b> |  |   |  |   |
| <i>10am</i>                  | <i>Office desk<br/>Alone</i>                                       | <i>Banana</i><br><br><i>Black tea<br/>semi-skimmed milk, no sugar</i>           | <i>Typhoo<br/>Asda</i>                   | <i>One, medium size</i><br><br><i>Large Mug<br/>A lot</i> |

| Time                  | Where?<br>With whom?<br>TV on?<br>Table?                        | Food/Drink description & preparation   | Brand Name                            | Portion size or<br>quantity <u>eaten</u>                    |
|-----------------------|---|--|---------------------------------------|---|
| <b>12 noon to 2pm</b> |   |  |                                       |   |
| 1 pm                  | Work tea room<br>With colleague                                 | Crayfish sandwich<br>multiseed bread, medium cut,<br>crayfish in lemon mayonnaise, no other spread<br>rocket leaves<br><br>Apple & Raspberry fruit drink | M&S pre-packed<br>Sandwich<br><br>J2O | 2 slices<br>Medium filling<br>6 to 8<br><br>1 bottle, 275ml |
| <b>2pm to 5pm</b>     |   |  |                                       |   |
| 4.30 pm               | Friends House<br>Lounge<br>With Friend<br>Not at table<br>TV on | Coffee, instant<br>Semi-skimmed milk<br><br>Fairy Cake, homemade, see recipe   | Kenco                                 | Medium mug<br>A lot<br><br>1cake                            |

| Time               | Where?<br>With whom?<br>TV on?<br>Table?                | Food/Drink description & preparation  | Brand Name  | Portion size or<br>quantity <u>eaten</u>        |
|--------------------|---|---|---|---|
| <b>5pm to 8pm</b>  |   |   |   |   |
| 7.30<br>pm         | Kitchen/Diner<br>With boyfriend<br>At table<br>No TV    | Chicken in creamy mushroom and white wine<br>sauce for 2, oven<br><br>White rice (homemade), boiled<br><br>Wine | Sainsbury's, 370g<br>(wrapper collected)<br><br>Easy cook, Italian,<br>Sainsbury's<br><br>Sauvignon Blanc,<br>New Zealand | ½ pack<br><br>1C<br><br>1 small glass,<br>125ml |
| <b>8pm to 10pm</b> |   |   |   |   |
| 9.15<br>pm         | Sitting Room<br>With boyfriend<br>Not at table<br>TV on | Squash, apple & blackcurrant, no added sugar,<br><br>Crisps   | Sainsbury's<br><br>Pringles, sour cream<br>and chives   | 1 average glass,<br>200ml<br><br>5              |
| <b>10pm to 6am</b> |   |   |   |   |
| 11.30<br>pm        | Bedroom<br>Alone<br>Not at table<br>TV on               | Water   | tap   | 1 medium glass                                  |



Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☒

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

Felt unwell

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☒

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

Felt unwell

*Please tell us why you had more than usual*

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☒

No ☐

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes ☒

No ☐

If yes, **please describe the supplements you took below**

| <b>Brand</b>                 | <b>Name (in full) including strength</b> | <b>Number of pills, capsules, teaspoons</b> |
|------------------------------|--|---|
| <i>Holland &amp; Barrett</i> | <i>Evening Primrose Oil – 1000mg</i>     | <i>1 capsule</i>                            |
| <i>Holland &amp; Barrett</i> | <i>Super EPA fish oil – 1000mg</i>       | <i>1 capsule</i>                            |
|                              |  |   |
|                              |  |   |
|                              |  |   |
|                              |  |   |
|                              |  |   |

**Please record over the page details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**

| Write in recipes or ingredients of made up dishes or take-away dishes   |                   |                                 |                      |
|---|-------------------|---------------------------------|----------------------|
| NAME OF DISH <i>Fairy Cakes</i>   |                   | SERVES: <i>makes 20 cakes</i>   |                      |
| Ingredients   | Amount            | Ingredients                     | Amount               |
| <i>Tate &amp; Lyle caster sugar</i>   | <i>175g</i>       | <i>Silver Spoon icing sugar</i> | <i>140g</i>          |
| <i>Anchor butter, unsalted</i>  | <i>175g</i>       | <i>Yellow food colouring</i>    | <i>3 drops</i>       |
| <i>Eggs from market</i>   | <i>3</i>          | <i>water</i>                    | <i>2 tablespoons</i> |
| <i>Homeprode self-raising flour</i>   | <i>175g</i>       |                                 |                      |
| <i>Baking powder</i>  | <i>1 teaspoon</i> |                                 |                      |
|   |                   |                                 |                      |
|   |                   |                                 |                      |
|   |                   |                                 |                      |
| <b>Brief description of cooking method</b><br><br><i>Mix together and bake for 15 min.</i><br><br><i>Mix icing sugar with water and add colouring. Approx. 1 teaspoon of icing on each cake</i> |                   |                                 |                      |

| <b>Day</b> <i>Monday</i> |  | <b>Date</b> <i>11 June 20007</i>  |  |  |
|--------------------------|--|---|--|--|
| <b>Time</b>              | <b>Where?<br/>With whom?<br/>TV on?<br/>Table?</b> | <b>Food/Drink description &amp; preparation</b>   | <b>Brand</b>   | <b>Portion size or<br/>quantity <u>eaten</u></b>             |
| <b>6am to 9am</b>        |  |   |  |  |
| <i>7am</i>               | <i>Dining Room<br/>Wife<br/>TV on<br/>At table</i> | <i>Porridge<br/>Made with semi-skimmed milk<br/>Honey<br/><br/>Orange Juice, 100% juice</i> | <i>Quaker<br/>Sainsburys<br/>Sainsburys<br/><br/>Tropicana</i> | <i>30g sachet<br/>200ml milk<br/>2 tsp<br/><br/>1/4 pint</i> |
| <b>9am to 12 noon</b>    |  |   |  |  |
| <i>10am</i>              | <i>Work desk<br/>Colleagues</i>                    | <i>Coffee, white, with sugar (bean to cup)<br/><br/>Bourbon biscuits</i>                    | <i>Vending machine<br/><br/>Tesco's</i>                        | <i>Regular size<br/>vending cup<br/><br/>2 biscuits</i>      |

| Time                  | Where?<br>With whom?<br>TV on?<br>Table?  | Food/Drink description & preparation   | Brand  | Portion size or<br>quantity <u>eaten</u>   |
|-----------------------|---|--|--|--|
| <b>12 noon to 2pm</b> |   |  |  |  |
| 1pm                   | Work Restaurant<br>Colleagues<br>At table | <i>Pepperoni pizza with peppers and olives – thin crust</i><br><br><i>Salad –</i><br><i>Tomatoes</i><br><i>Cucumber</i><br><i>Lettuce (iceberg)</i><br><i>Carrots</i><br><br><i>Thousand Island Dressing</i><br><br><i>Coca-cola</i> | <i>Made in work restaurant</i><br><br><br><br><br><br><br><br><i>Tesco</i> | <i>9 inch, ate 1/3</i><br><br><br><i>4 cherry</i><br><i>About 6 slices</i><br><i>About 4 leaves</i><br><i>About 10 slices</i><br><br><i>1 tbsp</i><br><br><i>330ml can</i> |
| <b>2pm to 5pm</b>     |   |  |  |  |
| 3pm                   | Work desk<br>Alone                        | <i>Bottle of water</i><br><i>Banana</i>  | <i>Evian</i>   | <i>500ml bottle</i><br><i>1 large</i>  |

| Time               | Where?<br>With whom?<br>TV on?<br>Table? | Food/Drink description & preparation   | Brand                | Portion size or<br>quantity <u>eaten</u>   |
|--------------------|--|--|----------------------|--|
| <b>5pm to 8pm</b>  |  |  |                      |  |
| 7pm                | Indian Restaurant<br>Wife and Friends    | Papadum<br>Mango Chutney<br>Cucumber Raita<br>Chicken Tikka<br>Prawn Bhuna<br>Niramish (Vegetable side dish, including okra,<br>tomato)<br><br>Pilau Rice<br>Keema Nan<br><br>Onion Bhaji<br><br>Beer<br>Water | Corona<br>Don't know | 1 and half<br>About 4 teasp<br>About 4 teasp<br>1 chicken breast<br>3 serving spoons<br>1/2 of dish (about 4<br>table spoons)<br><br>1 dish<br>1/2 of a large size<br>nan<br>1 large bhaji<br><br>3 bottles<br>2 med glasses |
| <b>8pm to 10pm</b> |  |  |                      |  |
| 9pm                | Pub<br>Wife and Friends                  | Beer<br>Salt and Vinegar Crisps, Crinkle cut   | Carlsberg<br>McCoys  | 2 pints<br>1 handful   |
| <b>10pm to 6am</b> |  |  |                      |  |
|                    |  |  |                      |  |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☒

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☒

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

More beer than usual as celebrating birthday

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☒

No ☐

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes ☐

No ☒

If yes, **please describe the supplements you took below**

| Brand | Name (in full) including strength | Number of pills, capsules, teaspoons |
|-------|-----------------------------------|--------------------------------------|
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |

**Please record over the page details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**





| <b>Day</b> <i>Friday</i> |   | <b>Date</b> <i>7 Sept 2007</i>  |  |  |
|--------------------------|---|---|--|--|
| <b>Time</b>              | <b>Where?<br/>With whom?<br/>TV on?<br/>Table?</b>    | <b>Food/Drink description &amp; preparation</b>   | <b>Brand</b>   | <b>Portion size or<br/>quantity <u>eaten</u></b>   |
| <b>6am to 9am</b>        |   |   |  |  |
| <i>7.30<br/>am</i>       | <i>Dining room<br/>Friends<br/>No TV<br/>At table</i> | <i>Cooked breakfast:</i><br><i>Pork sausages, fried in sunflower oil</i><br><br><i>Unsmoked streaky bacon, grilled</i><br><i>Mushrooms, fried</i><br><i>Baked beans</i><br><i>Hash browns, oven baked</i><br><i>Tomato, grilled</i><br><i>Orange juice</i><br><i>Tea</i><br><i>Whole milk</i><br><i>White Sugar</i> | <i>Walls</i><br><br><i>Tesco</i><br><br><i>Heinz</i><br><i>Birds Eye</i><br><br><i>Tropicana</i><br><i>Twinnings</i><br><i>Sainsbury's</i><br><i>Silverspoon</i> | <i>2 regular size</i><br><br><i>2 rashers</i><br><i>6</i><br><i>2 tbsp</i><br><i>2</i><br><i>1, medium</i><br><i>Small glass</i><br><i>1 mug</i><br><i>Dash</i><br><i>2 heaped teasp</i> |
| <b>9am to 12 noon</b>    |   |   |  |  |
| <i>10am</i>              | <i>Work desk<br/>Alone</i>                            | <i>White coffee, no sugar</i>   | <i>Vending machine</i>   | <i>1 cup</i>   |

| Time                  | Where?<br>With whom?<br>TV on?<br>Table? | Food/Drink description & preparation   | Brand  | Portion size or<br>quantity <u>eaten</u>       |
|-----------------------|--|--|--|--|
| <b>12 noon to 2pm</b> |  |  |  |  |
| 1pm                   | Work canteen<br>Colleagues               | Soup – minestrone<br><br>White bread, thick slices from large loaf<br>Butter, salted | Don't know<br><br>Don't know<br>Lakeland Dairies | 1 soup bowl<br><br>2 slices<br>2 portion packs |
| <b>2pm to 5pm</b>     |  |  |  |  |
| 3pm                   | Work desk<br>Alone                       | White coffee<br><br>Chocolate digestives (half coated)                               | Vending machine<br><br>McVities                  | 1 cup<br><br>2                                 |

| Time               | Where?<br>With whom?<br>TV on?<br>Table?                   | Food/Drink description & preparation  | Brand   | Portion size or<br>quantity <u>eaten</u>  |
|--------------------|--|---|---|---|
| <b>5pm to 8pm</b>  |  |   |   |   |
| 8pm                | Friend's house<br>Friends (birthday party)<br>Not at table | <i>Buffet:</i><br><i>Cheese and tomato pizza</i><br><i>Potato salad</i><br><i>4 Sandwiches (all with spread):</i><br><i>Tuna, sweetcorn and mayo on white bread</i><br><i>Wafer thin ham &amp; cucumber on wholemeal bread</i><br><i>Smoked salmon and cream cheese on wholemeal bread</i><br><i>Cheddar Cheese and pickle on white bread</i><br><i>Quiche Lorraine</i><br><i>Water biscuits</i><br><i>Cheddar cheese</i><br><i>Pickle</i><br><i>Beer</i> | <i>Don't know</i><br><br><i>Don't know</i><br><br><br><br><br><br><br><br><i>Tesco</i><br><i>Carr's</i><br><br><br><i>Branston's</i><br><i>Heineken</i> | <i>1/6 of 9in pizza</i><br><i>1 tbsp</i><br><i>See recipe section</i><br><br><br><br><br><br><br><i>1/8 quiche</i><br><i>4</i><br><i>4 thick slices</i><br><i>2 tsp</i><br><i>2 pints</i> |
| <b>8pm to 10pm</b> |  |   |   |   |
| 9pm                | Friend's house<br>Friends                                  | <i>Beer</i><br><i>Salted peanuts</i>  | <i>Heineken</i><br><i>KP</i>  | <i>2 pints</i><br><i>2 handfuls</i>   |
| <b>10pm to 6am</b> |  |   |   |   |
| 11pm               | Living room<br>Alone<br>TV on<br>Not at table              | <i>Dry white wine</i>   | <i>Jacob's Creek</i>  | <i>1 small glass</i>  |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☒

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Went to party

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☒

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Went to party

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☒

No ☐

If no, please **go back to the diary and make a note of any leftovers**

Did you take any **vitamins, minerals or other food supplements** today?

Yes ☐

No ☒

If yes, **please describe the supplements you took below**

| Brand | Name (in full) including strength | Number of pills, capsules, teaspoons |
|-------|-----------------------------------|--------------------------------------|
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |
|       |                                   |                                      |

**Please record over the page details of any recipes or (if not already described) ingredients of made up dishes or take-away dishes.**



Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b>Food/Drink</b>                    | <b>Description &amp; Preparation</b>   | <b>Portion size or quantity</b>                        |
|--------------------------------------|--|--|
| Bacon                                | Back, middle, streaky; smoked or un-smoked; fat eaten; dry-fried or fried in oil/fat (type used) or grilled rashers  | Number of rashers                                      |
| Baked beans                          | Standard, reduced salt or reduced sugar  | Spoons, weight of tin                                  |
| Beefburger (hamburger)               | Home-made (ingredients), from a packet or take-away; fried (type of oil/fat), microwaved or grilled; economy; with or without bread roll, with or without salad e.g. lettuce, tomato | Large or small, ounces or in grams if info on package  |
| Beer                                 | What sort e.g. stout, bitter, lager; draught, canned, bottled; low-alcohol or home-made  | Number of pints or half pints, size of can or bottle   |
| Biscuits                             | What sort e.g. cheese, wafer, crispbread, sweet, chocolate (fully or half coated), shortbread, home-made   | Number, size (standard or mini variety)                |
| Bread (see also sandwiches)          | Wholemeal, granary, white or brown; currant, fruit, malt; large or small loaf; sliced or unsliced loaf   | Number of slices; thick, medium or thin slices         |
| Bread rolls                          | Wholemeal, white or brown; alone or with filling; crusty or soft   | Size, number of rolls                                  |
| Breakfast cereal (see also porridge) | What sort e.g. Kellogg's cornflakes; any added fruit and/or nuts; Muesli – with added fruit, no added sugar/salt variety   | Spoons or picture 1                                    |
| Buns and pastries                    | What sort e.g. iced, currant or plain, jam, custard, fruit, cream; type of pastry; homemade or bought  | Size, number   |
| Butter, margarine & fat spreads      | Give full product name   | Thick/average/thin spread; spoons                      |
| Cake                                 | What sort: fruit (rich), sponge, fresh cream, iced, chocolate coated; type of filling e.g. buttercream, jam  | Individual or size of slice, packet weight, picture 10 |



Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b>Food/Drink</b>       | <b>Description &amp; Preparation</b>   | <b>Portion size or quantity</b>  |
|-------------------------|--|--|
| Cereal bars             | What sort; with fruit/nuts, coated with chocolate/yoghurt; fortified with vitamins/minerals  | Weight/size of bar; from multipack                                     |
| Cheese                  | Type e.g. cheddar, cream, cottage, soft; low fat   | Picture 9, or number of slices, number of spoons                       |
| Chips                   | Fresh, frozen, oven, microwave, take-away (where from); thick/straight/crinkle/fine cut; type of oil/fat used for cooking  | Picture 4, as A, B, or C or 2 x B, etc                                 |
| Chocolate(s)            | What sort e.g. plain, milk, white, fancy, diabetic; type of filling;   | Weight/size of bar   |
| Coffee                  | With milk (see section on milk); half milk/half water; all milk; ground/filter, instant; decaffeinated. If café/takeaway, was it cappuccino, latte etc           | Cups or mugs, size of takeaway e.g. small. medium                      |
| Cook-in sauces          | What sort; pasta, Indian, Chinese, Mexican; tomato, white or cheese based; does meat or veg come in sauce; jar or can  | Spoons, size of can or jar   |
| Cream                   | Single, whipped, double or clotted; dairy or non-dairy; low-fat; fresh, UHT/Longlife; imitation cream e.g. Elmlea  | Spoons   |
| Crisps                  | What sort e.g. potato, corn, wheat, maize, vegetable etc; low-fat or low-salt; premium variety e.g. Kettle chips, Walker's Sensations                            | Packet weight, standard or from multipack                              |
| Custard                 | Pouring custard or egg custard; made with powder and milk/sugar, instant, ready to serve (tinned or carton); low fat, sugar free                                 | Spoons   |
| Egg                     | Boiled, poached, fried, scrambled, omelette (with or without filling); type of oil/fat, milk added   | Number of eggs, large, medium or small                                 |
| Fish (including canned) | What sort e.g. cod, tuna; fried (type of oil/fat), grilled, poached (water or milk) or steamed; with batter or breadcrumbs; canned in oil, brine or tomato sauce | Size of can or spoons (for canned fish) or picture 7 for battered fish |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b><i>Food/Drink</i></b>                  | <b><i>Description &amp; Preparation</i></b>   | <b><i>Portion size or quantity</i></b>                           |
|---|---|--|
| Fish cakes & fish fingers                 | Type of fish; plain or battered or in breadcrumbs; fried, grilled, baked or microwaved; economy   | Size, number, packet weight                                      |
| Fruit - fresh                             | What sort; eaten with or without skin   | Small, medium or large   |
| Fruit - stewed/canned                     | What sort; sweetened or unsweetened; in fruit juice or syrup; juice or syrup eaten  | Spoons, weight of can  |
| Fruit – juice (pure)                      | What sort e.g. apple, orange; sweetened or unsweetened; pasteurised or UHT/Longlife; freshly squeezed; added vitamins/minerals, omega 3         | Glass (size or volume) or carton size                            |
| Hot chocolate, cocoa malted drinks etc    | Type; standard/low calorie/lite; instant; all water / half milk half water / all milk (see section on milk); any sugar added                    | Cup or mug plus how much powder e.g. teaspoons, weight on packet |
| Ice cream                                 | Flavour; dairy or non-dairy alternatives e.g. soya; luxury/premium  | Spoons/ scoops   |
| Jam, honey                                | What sort; low-sugar/diabetic; shop bought/brand or homemade  | Spoons, heaped or level, or thin or thick spread                 |
| Marmalade                                 | Type; low-sugar; thick cut; shop bought/brand or homemade   | Spoons, heaped or level, or thin or thick spread                 |
| Meat (see also bacon, burgers & sausages) | What sort; cut of meat e.g. chop, breast, minced; lean or fatty; fat removed or eaten; skin removed or eaten; how cooked; with or without gravy | Large/small/medium, spoons, or picture 6 for stew portion        |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b>Food/Drink</b>         | <b>Description &amp; Preparation</b>  | <b>Portion size or quantity</b>   |
|---------------------------|---|---|
| Milk                      | What sort; whole, semi-skimmed, skimmed or 1% fat; fresh, sterilized, UHT, dried; soya milk (sweetened/unsweetened), goats' milk, rice milk, oat milk; flavoured; fortified with added vitamins and/or minerals. Formula milks for toddlers | Pints, glass (size or volume) or cup.<br>On cereal: <i>damp/normal/drowned</i> . In tea/coffee: <i>a little/some/a lot</i> . Formula: <i>proportion of formula to water</i> |
| Milkshake                 | Fresh or long life/UHT; dairy or non-dairy alternative e.g. soya; if powder, made up with whole, semi-skimmed, skimmed milk; flavour; fortified with vitamins and/or minerals   | Glass (size or volume) cups or volume on bottle/carton  |
| Nuts                      | What sort; dry roasted, ordinary salted, honey roasted; unsalted  | Packet weight, handful  |
| Pie (sweet or savoury)    | What sort/filling; one pastry crust or two; type of pastry  | Individual or slice, or picture 8   |
| Pizza                     | Thin base/deep pan or French bread; topping e.g. meat, fish, veg; stuffed crust   | Individual, slice, fraction of large pizza e.g. $\frac{1}{4}$   |
| Porridge                  | Made with oats or cornmeal or instant oat cereal; made with milk and/or water; added sugar, honey, syrup or salt; with milk or cream  | Bowls, spoons   |
| Potatoes (see also chips) | Old or new; baked, boiled, roast (type of oil/fat); skin eaten; mashed (with butter/spread and with or without milk); fried/chips (type of oil/fat); instant; any additions e.g. butter   | Mash – spoons, number of half or whole potatoes, small or large potatoes  |
| Pudding                   | What sort; e.g. steamed sponge; with fruit; mousse; instant desserts; milk puddings   | Spoons, picture 10 for slice of sponge  |
| Rice                      | What sort; e.g. basmati, easy cook, long or short grain; white or brown; boiled or fried (type of oil/fat)  | Spoons or picture 2   |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b>Food/Drink</b>                        | <b>Description &amp; Preparation</b>   | <b>Portion size or quantity</b>   |
|--|--|---|
| Salad                                    | Ingredients; if with dressing what sort (oil and vinegar, mayonnaise)  | Amount of each component  |
| Sandwiches and rolls                     | Type of bread/roll (see Bread & Rolls); butter or margarine; type of filling; including salad, mayonnaise, pickle etc. If shop-bought, where from? | Number of rolls or slices of bread; amount of butter/margarine (on both slices?); amount of filling |
| Sauce – cold (including mayonnaise)      | Tomato ketchup, brown sauce, soy sauce, salad cream, mayonnaise; low fat;  | Spoons  |
| Sauce – hot (see also cook-in sauces)    | What sort; savoury or sweet; thick or thin; for gravy - made with granules, stock cube, dripping or meat juices                                    | Spoons  |
| Sausages                                 | What sort; e.g. beef, pork; fried (type of oil/fat) or grilled; low fat  | Large or small, number  |
| Sausage rolls                            | Type of pastry   | Size - jumbo, standard, mini  |
| Scone                                    | Fruit, sweet, plain, cheese; type of flour; homemade   | Small, medium or large  |
| Savoury snacks - in packet               | What sort: e.g. Cheddars, cheese straws, Twiglets, Pretzels  | Size (standard or mini variety), packet weight  |
| Smoothies                                | If homemade give recipe. If shop-bought, what does it contain e.g. fruit, milk/yoghurt, fruit juice  | Glass or bottle (size or volume)  |
| Soft drinks – squash/concentrate/cordial | Flavour; no added sugar/low calorie/sugar free; “high” juice; fortified with added vitamins and/or minerals  | Glass (size or volume)  |
| Soft drinks – carbonated/fizzy           | Flavour; diet/low-calorie; canned or bottled; cola – caffeine free   | Glass, can or bottle (size or volume)   |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b>Food/Drink</b>                             | <b>Description &amp; Preparation</b>   | <b>Portion size or quantity</b>   |
|---|--|---|
| Soft drinks – ready to drink                  | Flavour; no added sugar/low calorie/sugar free; real fruit juice? If so, how much?; fortified with added vitamins and/or minerals  | Glass, carton or bottle (size or volume)  |
| Soup  | What sort; cream or clear; fresh/chilled, canned, instant or vending machine. If home-made, give recipe  | Spoons, bowl or mug   |
| Spaghetti, other pasta                        | What sort; fresh/chilled or dried; white, wholemeal; canned in sauce; type of filling if ravioli, cannelloni etc   | Spoons (or how much dry pasta) or picture 3   |
| Toddler foods                                 | <u>Food in jars</u> : description and ingredients (e.g. vegetable risotto, fruit puree); <u>Dry Foods</u> : description (e.g. baby rice, cauliflower cheese); made up with milk and/or water                       | Size of jar or packet, spoons for powdered foods (volume of water/milk used to mix with cereal or powder) |
| Spirits                                       | What sort: e.g. whisky, gin, vodka, rum  | Measures as in pub  |
| Sugar   | Added to cereals, tea, coffee, fruit, etc; what sort; e.g. white, brown, demerara  | Heaped or level teaspoons   |
| Sweets  | What sort: e.g. toffees, boiled sweets, diabetic, sugar-free   | Number, packet weight   |
| Tea   | With/without milk (see section on milk); decaffeinated, herb   | Mugs or cups  |
| Vegetables (not including potatoes)           | What sort; how cooked/raw; additions e.g. butter, other fat or sauce   | Spoons, number of florets or sprouts, weight from tins or packet  |
| Wine, sherry, port                            | White, red; sweet, dry; low-alcohol  | Glass (size or volume)  |
| Yoghurt (inc drinking yoghurt), fromage frais | What sort: e.g. natural/plain or flavoured; creamy, Greek, low-fat, very low fat/diet, soya; with fruit pieces or fruit flavoured; twinpot; fortified with added vitamins and/or minerals; longlife/UHT; probiotic | Pot size or spoons  |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b><i>Food/Drink</i></b>         | <b><i>Description &amp; Preparation</i></b>   | <b><i>Portion size or quantity</i></b>                               |
|----------------------------------|---|--|
| Home-made dishes                 | Please say what the dish is called (record recipe or details of dish if you can in the section provided) and how many persons it serves   | Spoons – heaped or level, number, size                               |
| Ready-made meals                 | Full description of product; does it contain any accompaniments e.g. rice, vegetables, sauces; chilled or frozen; microwaved, oven cooked, boil-in-the-bag; low fat, healthy eating range. Enclose label and ingredients list if possible in your plastic bag | Packet weight (if didn't eat whole packet describe portion consumed) |
| Take-away food or food eaten out | Please say what the dish is called and give main ingredients if you can. Give name of a chain restaurant e.g. McDonalds   | Spoons, portion size e.g. small/medium/large                         |

Use the pictures to help you indicate the size of the portion you have eaten.  
Write on the food record the picture number and size A, B or C nearest to your own helping.

Remember that the pictures are much smaller than life size.  
The actual size of the dinner plate is 10 inches (25cm), the side plate, 7 inches (18cm), and the bowl, 6.3 inches (16cm).

The tables on pages 16-21 also give examples of foods that you might eat and how much information is required about them.

Please note, these photographs should not be used to describe children's portions – please use household measures

#### 1. Breakfast cereals

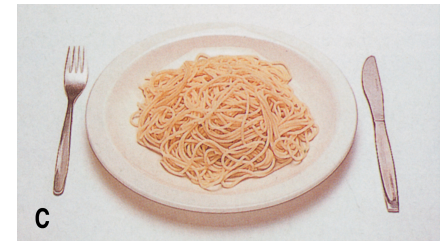
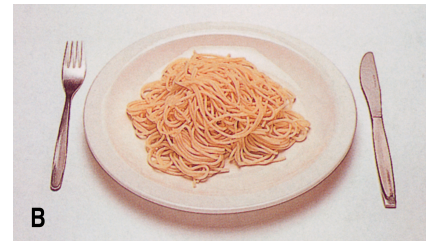
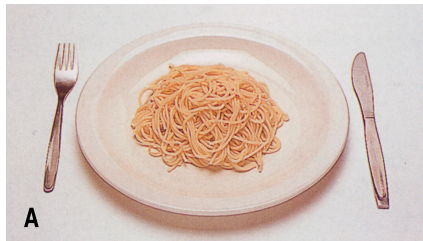




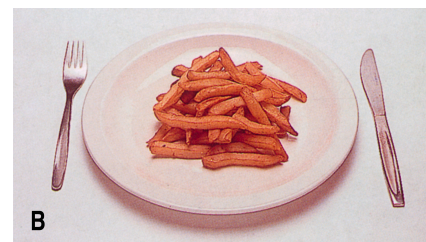
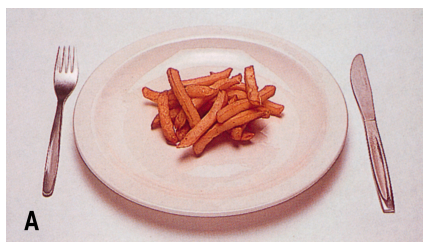
## 2. Rice



## 3. Spaghetti



## 4. Chips





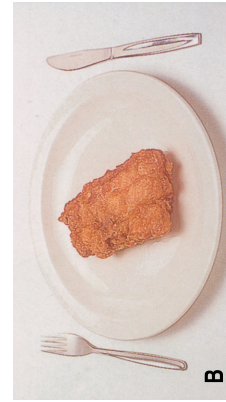
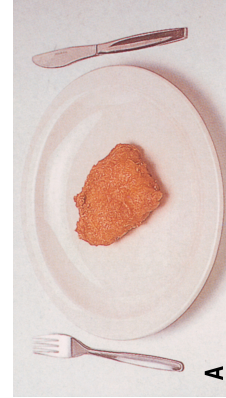
5. Broccoli or cauliflower



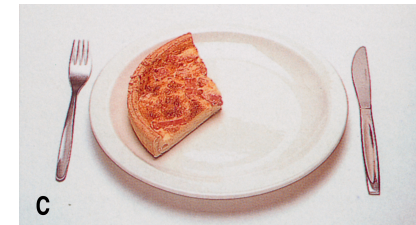
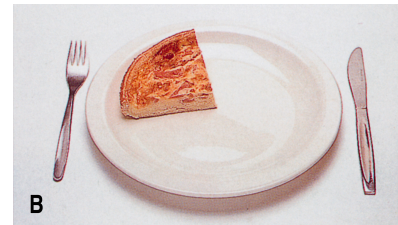
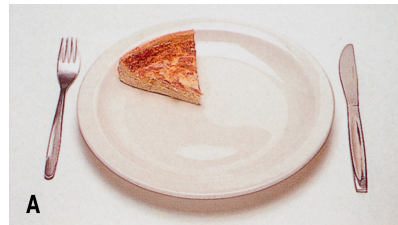
6. Stew or curry



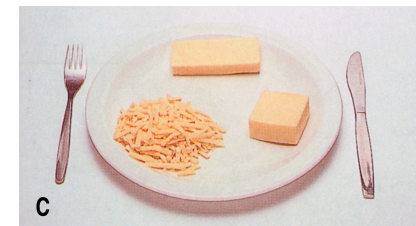
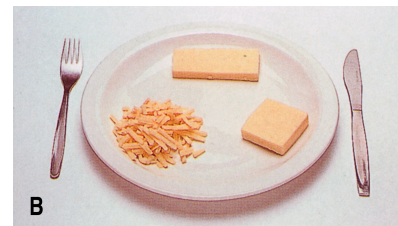
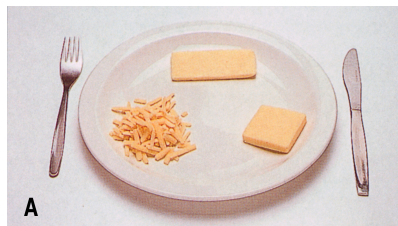
7. Battered fish



8. Quiche / Pie



9. Cheese



10. Sponge cake



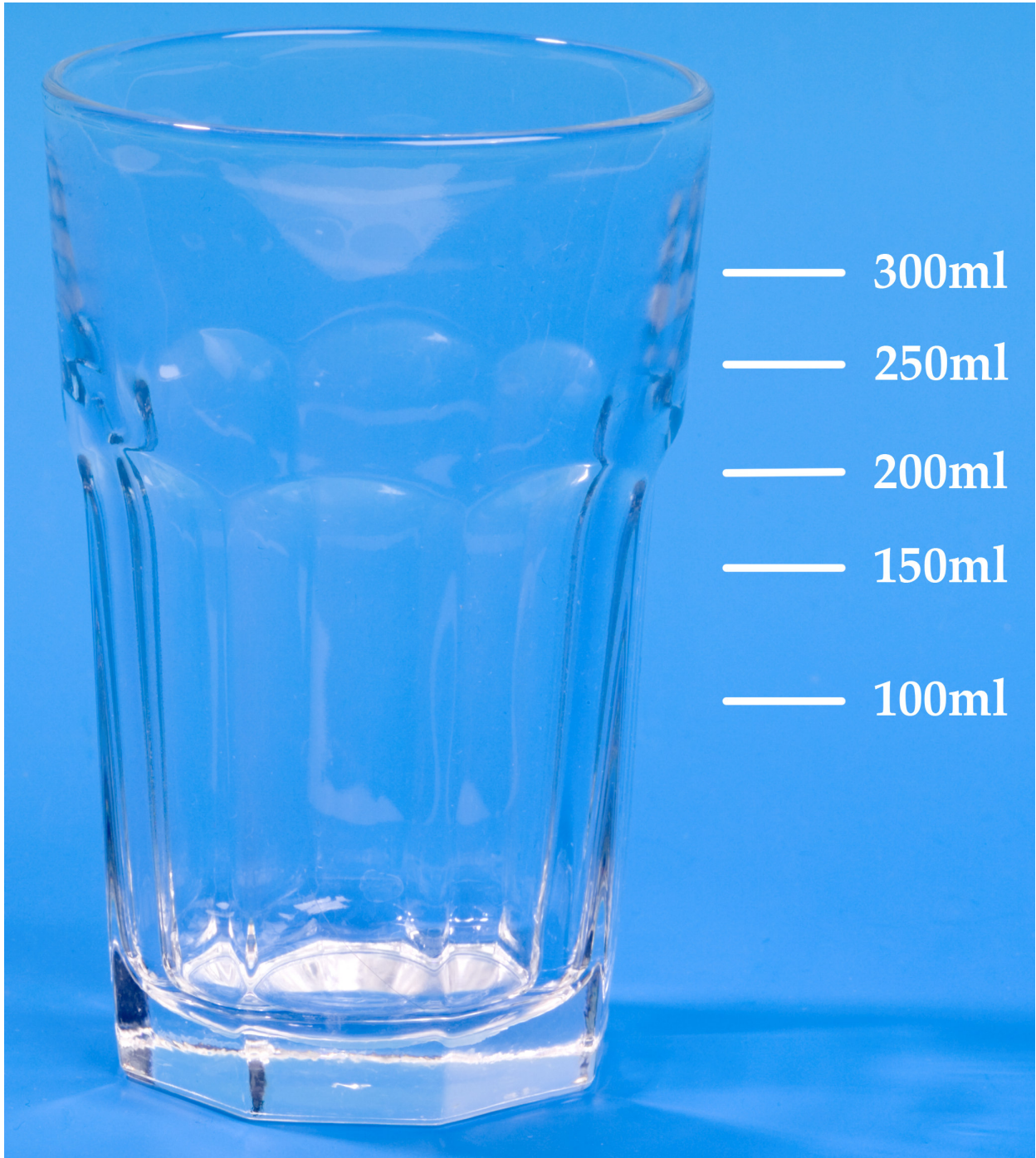
**Typical quantities of drinks in various containers  
measured in millilitres (ml)**

|                        | <b>Small<br/>glass</b> | <b>Average<br/>glass</b> | <b>Large<br/>glass</b> | <b>Vending<br/>cup</b> | <b>Cup</b> | <b>Mug</b> |
|------------------------|------------------------|--------------------------|------------------------|------------------------|------------|------------|
| <b>Soft<br/>drinks</b> | <b>150</b>             | <b>200</b>               | <b>300</b>             |                        |            |            |
| <b>Wine</b>            | <b>125</b>             | <b>175</b>               | <b>250</b>             |                        |            |            |
| <b>Hot drinks</b>      |                        |                          |                        | <b>170</b>             | <b>190</b> | <b>260</b> |

Glasses come in different shapes and sized. On the next page is a life size glass showing approximate volumes. You can use this picture as a guide for estimating how much volume of drink the glass holds you are drinking from.



## Life Size Glass



## **Acknowledgements**

Thanks for permission to use pictures from:

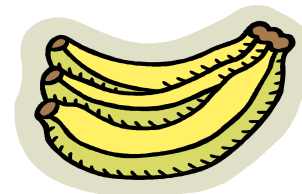
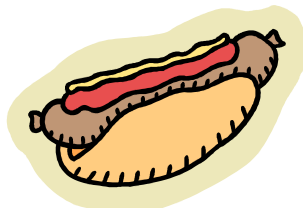
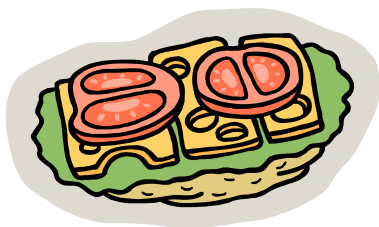
Nelson, M., Atkinson, M.  
& Meyer, J. (1997).  
*A Photographic Atlas of Food Portion Sizes*.  
London, MAFF Publications.



# NATIONAL DIET AND NUTRITION SURVEY

## *Food and Drink Diary*

DIARY START DATE: \_\_\_\_\_



|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
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|--|--|--|--|--|--|--|

SERIAL NUMBER

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CKL

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|  |
|--|

RESPONDENT No

|  |
|--|
|  |
|--|

FIRST NAME

Sex: Male / Female

Date of birth:

|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
|--|--|--|--|--|--|

INTERVIEWER NUMBER:

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INTERVIEWER NAME:

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### How to fill in your diary

It is very important that you do not change what you normally eat or drink just because you are keeping a diary. Try to write down what you are eating or drinking as soon as you can and not leave it until the end of the day. Record food and drink eaten at home and away from home, such as at school or at a friend's house.

Whenever you have something to eat or drink write down:

**When:** Each day is divided into time slots from first thing in the morning until late at night until the following morning. Find the appropriate time slot and record the exact time when you eat or drink something in the "time" column.

|                             |        |   |
|-----------------------------|--------|---|
| <b>Where:</b> This could be | Home   | Bedroom   |
|                             | Away   | Street, Car/Bus, Café/ Restaurant (specify Mac Donalds, Pizza Hut etc.) |
|                             | School | Canteen, Classroom, Playground  |

|                                 |              |
|---------------------------------|--------------|
| <b>With Whom:</b> This could be | Alone        |
|                                 | With family  |
|                                 | With friends |

**At table:** Were you sitting at a table whilst eating or drinking? If yes, record **At table**. If no, record **Not at table**.

**Watching TV:** Were you watching TV whilst you were eating or drinking? If yes, record **TV on**. If no, record **No TV**.

**What:**

Describe your food and drink giving as much detail as you can. Include any **extras** like sugar and milk in your tea or cereal, butter or other spreads on your bread and sauces such as ketchup and mayonnaise. **Do not forget to include drinking water.**

If you know how the food was cooked (eg. roast, baked, boiled, fried), please record this. If you're unsure about how the food was cooked, please ask the person who prepared the food if possible.

On pages 12 - 17 you will find help with the sort of detail that is useful.

If you have eaten any **homemade dishes** eg. a stew or sponge cake, please make sure the ingredients and cooking method are recorded in the space provided. You may need to ask the person who prepared the dish to help you with this. If another person at home is also keeping a diary and has recorded the recipes for the same dishes as you in their diary (the ADULT diary), you do NOT need to record these recipes again, just write in your diary "see adult diary". If you have eaten any **take-aways** or any made up dishes not prepared at home such as at a friend's house or in a restaurant, please record as much detail as you can about what was in the dish eg. vegetable curry containing chickpeas, aubergine, onion and tomato.

**Brand:**

Please make a note of the **brand name** (eg. Heinz, Walkers, Hovis) if you know it. Most packaged foods will list a brand name.

### **Amount eaten:**

You can specify packet (eg. Crisps, Yogurt), or number of individual items (eg. biscuits), or slices (eg. cake, pizza, ham), or teaspoons (eg. sugar), or tablespoons (eg. peas). Be careful when describing amounts in spoons. Compare the spoon you are using with the life size spoons at the back of this diary so you use the correct name. You can also write S (small), M (medium) or L (large) portion.

For drinks you can write glass (tell us the size of the glass or volume using page 18 as a guide), cup or mug. You can also write the **weight or volume from the labels** on the packaging.

On pages 12 - 18 you will find help with describing how much you had to eat or drink.

We would like to know the **amount that you actually ate**, so you need to think about how much you **leftover**. You can do this in 2 ways:

1. Record how much you were served and then how much you ate e.g. 3 tablespoons of peas, only 2 tablespoons eaten; 1 large sausage roll, ate only half
2. Only record how much you actually ate i.e. 2 tablespoons of peas; half a large sausage roll

### **Food labels/wrappers:**

Please keep the labels or packaging from snacks, sweets, bought sandwiches and ready meals and put them in the plastic bag provided.

### **Was it a typical day?**

After each day of recording you will be prompted to tell us whether this was a usual day (tick yes, usual) or whether there were any reasons why you ate and drank more or less than usual, e.g. I did eat less because I was sick; I drank a lot because I did sports.

### **Supplements**

At the end of each recording day you need to tell us about any supplements you took. If you didn't take any just tick NO. If yes, then please tell us the name of the supplement (e.g. vitamin C), brand (e.g. Boots), strength (it will tell you on the label - e.g. 50 mg) and how many you took (e.g. 1 tablet).

If you have any queries about how to complete the diary please contact a member of the NDNS team on freephone **0800 652 4572** between 8.30am and 5.30pm.

**On pages 4-11 of the diary we have filled in a two whole days to show you what to do.**

| Day<br>EXAMPLE        | Day Thursday                             | Date March 31 <sup>st</sup>  |  |   |
|-----------------------|--|--|--|---|
| Time                  | where?<br>With whom?<br>TV on?<br>Table? | what   | Brand Name   | Amount eaten  |
| <i>6am to 9am</i>     |  |  |  |   |
| 7.30am                | Kitchen<br>Family<br>No TV<br>At table   | Orange juice, unsweetened, UHT<br>Tea<br>Milk, fresh semi skimmed<br>Sugar white<br>Weetabix<br>Milk as above<br>Sugar as above<br>Toast wholemeal, large loaf<br>Butter unsalted<br>Strawberry Jam                        | Tesco<br>Tesco<br>Tesco<br>Silverspoon<br><br><br><br>Hovis<br>Anchor<br>Co-op | Large glass<br>Mug<br>A little<br>2 level teaspoons<br>2<br>Drowned<br>2 heaped teaspoons<br>2 thin slices<br>thick spread on both<br>1 teaspoon on one slice |
| <i>9am to 12 noon</i> |  |  |  |   |
| 11am                  | School playground<br>With friends        | Coca cola diet<br>Potato crisps, Salt and Vinegar  | Coca Cola<br>Walkers   | 330ml can<br>25g packet from a multipack  |
| 12noon                | School corridor<br>Alone                 | Water from water cooler<br>Mars Bar  |  | small plastic cup<br>1 kingsize   |
| <i>12 noon to 2pm</i> |  |  |  |   |
| 12.45pm               | School canteen<br>With friends           | Sandwich, from home<br>White bread, large loaf<br>Spread<br>Ham unsmoked<br>Cheddar cheese<br>Branston Pickle<br>Apple with skin from home<br>Ribena Light, Ready to Drink, Blackcurrant, from canteen<br>Kitkat from home | Kingsmill<br>Flora Light<br>Tescos   | 2 med slices<br>thin spread on both slices<br>1 slice<br>2 medium slices<br>1 teaspoon<br>1 (left core)<br>220ml carton<br>2 fingers                          |
| 1.50pm                | School corridor<br>Alone                 | Chewing gum  | Orbit Sugar Free   | 1 piece   |

| Day<br>EXAMPLE     | Day Thursday  | Date March 31 <sup>st</sup>  |  |   |
|--------------------|---|--|--|---|
| Time               | Where?<br>With whom?<br>TV on?<br>Table?                    | what   | Brand Name                                   | Amount eaten  |
| <i>2pm to 5pm</i>  |   |  |  |   |
| 3.45pm             | Bus<br>Alone  | Wine gums  | Maynards                                     | 140g packet   |
| 4.30pm             | Home, sitting room,<br>With family<br>TV on<br>Not at table | Tea (as above)<br>Chocolate Hob Nobs   | Mcvitites                                    | mug<br>3  |
| <i>5pm to 8pm</i>  |   |  |  |   |
| 6.30pm             | Friend's kitchen<br>With friends<br>No TV<br>At table       | Chicken in tomato sauce made by friend's mum<br>Tomato fresh<br>Sweetcorn tinned<br>Peach yoghurt low fat<br>Lemon squash No Added Sugar | See recipe<br><br>Mullerlight<br>Sainsbury's | 3 tablespoons<br>3 slices<br>1 tablespoon<br>200g pot<br>medium glass |
| <i>8pm to 10pm</i> |   |  |  |   |
| 8pm                | Home, sitting room<br>Alone<br>TV on, Not at table          | Satsuma<br>Cream Crackers (no spread)  | Jacob's                                      | 1<br>4  |
| 9.30pm             | Kitchen<br>Alone<br>No TV, At table                         | Thick cut, frozen chips fried in vegetable oil<br>Brown sauce  | HP   | small portion<br>1 dessertspoon                                       |
| <i>10pm to 6am</i> |   |  |  |   |
| 10.30pm            | Bedroom<br>Alone<br>TV on<br>Not at table                   | Hot chocolate drink made with water  | Cadbury's                                    | Mug   |
| 2am                | Bedroom (in bed)<br>Alone<br>No TV                          | Water tap  |  | $\frac{1}{2}$ small glass   |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☒

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Ate dinner at friend's house

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☒

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Did you take any vitamin and/or mineral supplements today?

YES

☒

NO

☐

If **YES**, please record details below (and enclose label in plastic bag if possible)

| Brand       | Name (in full) including strength  | Number of pills/capsules/tsps |
|-------------|--|-------------------------------|
| Bassetts    | Soft and chewy vitamins A (800µg), C (60mg), D (5µg) and E (10 mg)                                 | <i>1 pastille</i>             |
| Haliborange | DHA Omega-3 Blackcurrant chewy caps (Each capsule contains 200mg fish oil providing 130mg omega-3) | <i>2 capsules</i>             |

Did you **finish all the food and drink** that you recorded in the diary today?

Yes

☒

No

☐

If no, please **go back to the diary and make a note of any leftovers**

| Write in recipe or ingredients of made up dishes or take-away dishes                    |                      |                                |                      |
|---|----------------------|--------------------------------|----------------------|
| <i><b>NAME OF DISH</b></i> <i>Chicken in tomato sauce</i>                               |                      | <i><b>Serves:</b></i> 4 people |                      |
| <i><b>Ingredients</b></i>   | <i><b>Amount</b></i> | <i><b>Ingredients</b></i>      | <i><b>Amount</b></i> |
| <i>pieces of chicken</i>  | <i>3 pieces</i>      |                                |                      |
| <i>sauce made with tinned tomatoes, green pepper and onions</i>                         | <i>2 tablespoons</i> |                                |                      |
| <i><b>Brief description of cooking method</b></i>                                       |                      |                                |                      |
| <i>Chicken pieces fried in olive oil, then mixed in with tomato and vegetable sauce</i> |                      |                                |                      |

| Day<br>EXAMPLE        | Day Thursday                               | Date March 31 <sup>st</sup>  |  |  |
|-----------------------|--|--|--|--|
| Time                  | where?<br>With whom?<br>TV on?<br>Table?   | what   | Brand Name                                     | Amount eaten   |
| <i>6am to 9am</i>     |  |  |  |  |
| 7.45am                | Dining Room<br>Family<br>No TV<br>At table | Special K Bliss Strawberry and Chocolate<br>Whole milk<br><br>Banana Smoothie, made with semi-skimmed milk                               | Kelloggs<br>Tesco's<br><br>Homemade see recipe | 4 tbsp<br>Drowned<br><br>1 medium glass  |
| <i>9am to 12 noon</i> |  |  |  |  |
| 11.30 am              | School playground<br>School friends        | Orange Juice, unsweetened<br>Mars Bar  | Libby's<br>Mars                                | 200ml carton<br>2 fun size   |
| <i>12 noon to 2pm</i> |  |  |  |  |
| 1pm                   | School canteen<br>School Friends           | Roast Chicken<br>Roast Potatoes<br>Boiled Carrots<br>Boiled Peas<br>Gravy<br><br>Plain sponge pudding with jam<br>Warm chocolate custard |  | 3 slices<br>2 potatoes<br>1 tablespoon<br>1 tablespoon<br>2 tbsp<br><br>Small portion<br>2 dessertspoons |



| Day<br>EXAMPLE     | Day Thursday                                       | Date March 31 <sup>st</sup>  |  |   |
|--------------------|--|--|--|---|
| Time               | where?<br>With whom?<br>TV on?<br>Table?           | what   | Brand Name   | Amount eaten  |
| <i>2pm to 5pm</i>  |  |  |  |   |
| 3.30pm             | Car<br>Family                                      | Bottle of water<br>Grapes, green, seedless   | Evian  | $\frac{1}{2}$ bottle - 500mls<br>10 grapes  |
| 4.30pm             | Living room<br>Sister<br>TV on<br>Not at table     | Ready salted Crisps  | Pringles   | About 15 crisps   |
| <i>5pm to 8pm</i>  |  |  |  |   |
| 7pm                | Dining room<br>Family<br>No TV<br>At table         | Cheese and tomato pizza, thin base<br><br>Green beans<br>Broccoli<br>Chocolate Mousse, low fat<br>Orange High Juice Squash | Pizza Express (cook at home)<br><br>Cadburys<br>Robinson's | $\frac{1}{2}$ pizza (500g) uncooked<br><br>2 tbsp<br>2 florets<br>55g pot<br>1/3 squash & 2/3 water |
| <i>8pm to 10pm</i> |  |  |  |   |
| 9pm                | Bedroom<br>Alone<br>TV on<br>Not at table (in bed) | Semi-skimmed milk  | Tesco's  | Small glass   |
| <i>10pm to 6am</i> |  |  |  |   |
|                    |  |  |  |   |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes, usual ☐ No, **less** than usual ☒

*Please tell us why you had less than usual*

Felt unwell

No, **more** than usual ☐

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes, usual ☐ No, **less** than usual ☒

*Please tell us why you had less than usual*

Felt unwell

No, **more** than usual ☐

*Please tell us why you had more than usual*

Did you take any vitamin and/or mineral supplements today?

YES ☐

NO ☒

If **YES**, please record details below (and enclose label in plastic bag if possible)

| Brand | Name (in full) including strength | Number of pills/capsules/tsps |
|-------|-----------------------------------|-------------------------------|
|       |                                   |                               |
|       |                                   |                               |
|       |                                   |                               |

Did you **finish all the food and drink** that you recorded in the diary today?

Yes ☒

No ☐

If no, please **go back to the diary and make a note of any leftovers**

| Write in recipe or ingredients of made up dishes or take-away dishes                   |                |                    |               |
|--|----------------|--------------------|---------------|
| <i>NAME OF DISH</i> <i>Banana Smoothie</i>   |                | <i>Serves: 1</i>   |               |
| <i>Ingredients</i>   | <i>Amount</i>  | <i>Ingredients</i> | <i>Amount</i> |
| <i>Banana</i>  | <i>1 small</i> |                    |               |
| <i>Tesco semi-skimmed milk</i>   | <i>150ml</i>   |                    |               |
| <i>Gales Honey</i>   | <i>1 tsp</i>   |                    |               |
| <i>Tesco natural unsweetened yogurt</i>  | <i>1 tbsp</i>  |                    |               |
| <i>Brief description of cooking method</i><br><br><i>Mix all together with blender</i> |                |                    |               |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <i><b>Food/Drink</b></i>             | <i><b>Description &amp; Preparation</b></i>  | <i><b>Amount</b></i>                                  |
|--------------------------------------|--|---|
| Bacon                                | Back, middle, streaky; smoked or unsmoked; fat eaten; dry-fried or fried in oil/fat (type used) or grilled rashers   | Number of rashers                                     |
| Baked beans                          | Standard, reduced salt or reduced sugar  | Spoons, tin size e.g. 244g                            |
| Beefburger<br>(hamburger)            | Home-made (ingredients), from a packet or take-away; fried (type of oil/fat), microwaved or grilled; economy; with or without bread roll, with or without salad e.g. lettuce, tomato | Large or small, ounces or in grams if info on package |
| Biscuits                             | What sort e.g. cheese, wafer, crispbread, sweet, chocolate (fully or half coated), shortbread, home-made   | Number, size (standard or mini variety)               |
| Bread<br>(see also sandwiches)       | Wholemeal, granary, white or brown; currant, fruit, malt; large or small loaf; sliced or unsliced loaf   | Number of slices; thick, medium or thin slices        |
| Bread rolls                          | Wholemeal, white or brown; alone or with filling; crusty or soft   | Size, number of rolls                                 |
| Breakfast cereal (see also porridge) | What sort e.g. Kellogg's cornflakes; any added fruit and/or nuts; Muesli - with added fruit, no added sugar/salt variety   | Spoons  |
| Buns and pastries                    | What sort e.g. iced, currant or plain, jam, custard, fruit, cream; type of pastry; homemade or bought  | Size, number  |
| Butter, margarine & fat spreads      | Give full product name   | Thick, average, thin spread on bread/crackers; spoons |
| Cake                                 | What sort: fruit (rich), sponge, fresh cream, iced, chocolate coated; type of filling e.g. buttercream, jam  | Individual or size of slice, packet weight            |
| Cereal bars                          | What sort; with fruit/nuts, coated with chocolate/yoghurt; fortified with vitamins/minerals  | Weight/size of bar; from multipack                    |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <i>Food/Drink</i>       | <i>Description &amp; Preparation</i>  | <i>Amount</i>   |
|-------------------------|---|---|
| Cheese                  | Name and type e.g. cheddar, cream, cottage, soft; low fat   | Slices, spoons  |
| Chips                   | Fresh, frozen, oven, microwave, take-away (where from); thick/straight/crinkle/fine cut; type of oil/fat used for cooking   | Spoons, portion size, number of chips                               |
| Chocolate(s)            | What sort e.g. plain, milk, white, fancy, diabetic; type of filling; give brand name  | Number, weight/size of bar  |
| Coffee                  | With milk (see section on milk); half milk/half water; all milk; ground/filter, instant; decaffeinated. If café/takeaway, was it cappuccino, latte etc                    | Cups or mugs, size of takeaway e.g. small, medium                   |
| Cook-in sauces          | What sort; pasta, Indian, Chinese, Mexican; tomato, white or cheese based; does meat or veg come in sauce; jar or can   | Spoons, size of can or jar  |
| Cream                   | Single, whipped, double or clotted; dairy or non-dairy; low-fat; fresh, UHT/Longlife; imitation cream e.g. Elmlea   | Spoons  |
| Crisps                  | What sort e.g. potato, corn, wheat, maize, vegetable etc; flavour; low-fat or low-salt; premium variety e.g. Kettle chips; baked variety                                  | Packet weight, standard or from multipack                           |
| Custard                 | Pouring custard or egg custard; made with powder and milk/sugar, instant, ready to serve (tinned or carton); low fat, sugar free  | Spoons  |
| Egg                     | Boiled, poached, fried, scrambled, omelette (with or without filling); type of oil/fat, milk added  | Number of eggs, large, medium or small                              |
| Fish (including canned) | What sort e.g. cod, tuna, haddock; fried (type of oil/fat), grilled, poached (water or milk) or steamed; with batter or breadcrumbs; canned in oil, brine or tomato sauce | Size of can (e.g. 80g or spoons (for canned fish) or size of fillet |
| Fish cakes/fish fingers | Type of fish; fried, grilled, baked or microwaved; economy; battered or with coated in breadcrumbs  | Size, number  |
| Fruit - fresh           | What sort; with or without skin   | Small, medium or large  |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b>Food/Drink</b>                         | <b>Description &amp; Preparation</b>  | <b>Amount</b>   |
|---|---|---|
| Fruit - stewed/canned                     | What sort; sweetened or unsweetened; in fruit juice or syrup; juice or syrup eaten  | Spoons  |
| Fruit - juice (pure)                      | What sort e.g. apple, orange; sweetened or unsweetened; pasteurised or UHT/Longlife; freshly squeezed   | Glass (size or volume) or carton size   |
| Hot chocolate, cocoa malted drinks etc    | Type; standard/low calorie/lite; instant; all water / half milk half water / all milk (see section on milk); any sugar added  | Cup or mug plus how much powder e.g. teaspoons, weight on packet  |
| Ice cream                                 | Flavour; dairy or non-dairy alternatives e.g. soya; luxury/premium  | Spoons/ scoops  |
| Jam, honey                                | What sort; low-sugar/diabetic; shop bought or homemade  | Spoons, heaped or level, or thin or thick spread  |
| Marmalade                                 | What sort; low-sugar; thick cut; shop bought or homemade  | Spoons, heaped or level, or thin or thick spread  |
| Meat (see also bacon, burgers & sausages) | What sort; cut of meat e.g. chop, breast, minced; lean or fatty; fat removed or eaten; skin removed or eaten; how cooked; with or without gravy   | Large/small/medium, spoons  |
| Milk                                      | What sort; whole, semi-skimmed, skimmed or 1% fat; fresh, sterilized, UHT, dried; soya milk (sweetened/unsweetened), goats' milk, rice milk, oat milk; flavoured; fortified with added vitamins and/or minerals | Pints, glass (size or volume) or cup. On cereal: <i>damp/normal/drowned</i> . In tea/coffee: <i>a little/some/a lot</i> |
| Milkshake                                 | Fresh or long life/UHT; dairy or non-dairy alternative e.g. soya; if powder, made up with whole, semi-skimmed, skimmed milk; flavour; fortified with vitamins and/or minerals                                   | Glass (size or volume) cups or volume on bottle/carton  |
| Nuts                                      | What sort; dry roasted, ordinary salted, honey roasted; unsalted  | Packet weight, handful  |
| Pie (sweet or savoury)                    | What sort/filling; one pastry crust or two; type of pastry  | Individual or slice   |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <i>Food/Drink</i>                     | <i>Description &amp; Preparation</i>  | <i>Amount</i>   |
|---------------------------------------|---|---|
| Pizza                                 | Thin base/deep pan or French bread; topping e.g. meat, fish, veg; stuffed crust   | Individual, slice, fraction of large pizza e.g. $\frac{1}{4}$                                       |
| Porridge                              | Made with oats or cornmeal or instant oat cereal; made with milk and/or water; added sugar, honey, syrup or salt; with milk or cream                                      | Spoons or bowl size (small, medium, large)  |
| Potatoes (see also chips)             | Old or new; baked, boiled, roast (type of oil/fat); skin eaten; mashed/creamed (with butter, milk etc); fried/chips (type of oil/fat); instant; any additions e.g. butter | Spoons for mash, number of half or whole potatoes   |
| Pudding                               | What sort; e.g. steamed sponge; with fruit; mousse; instant desserts; milk puddings   | Spoons, slices  |
| Rice                                  | What sort; e.g. basmati, easy cook, long or short grain; white or brown; boiled or fried (type of oil/fat)  | Spoons  |
| Salad                                 | Ingredients; if with dressing what sort (oil and vinegar, mayonnaise)   | Amount of each component; slices, leaves; spoons  |
| Sandwiches and rolls                  | Type of bread/roll (see Bread & Rolls); butter or margarine; type of filling; including salad, mayonnaise, pickle etc. If shop-bought, where from?                        | Number of rolls or slices of bread; amount of butter/margarine (on both slices?); amount of filling |
| Sauce - hot (see also cook-in sauces) | What sort; savoury or sweet; thick or thin; give brand or recipe; for gravy - made with granules, stock cube, dripping or meat juices                                     | Spoons  |
| Sauce - cold (including mayonnaise)   | Tomato ketchup, brown sauce, soy sauce, salad cream, mayonnaise; low fat  | Spoons  |
| Sausages                              | What sort; e.g. beef, pork; fried (type of oil/fat) or grilled; low fat; economy  | Large or small, number  |
| Sausage rolls                         | Type of pastry  | Number, size e.g. jumbo, standard, mini   |

Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <b><i>Food/Drink</i></b>                   | <b><i>Description &amp; Preparation</i></b>   | <b><i>Amount</i></b>                                 |
|--|---|--|
| Scone                                      | Fruit, sweet, plain, cheese; type of flour  | Number, size   |
| Savoury snacks - in packet                 | What sort: e.g. Cheddars, cheese straws, Twiglets, Pretzels   | Size (standard or mini variety), packet weight       |
| Smoothies                                  | If homemade give recipe. If shop-bought, what does it contain e.g. fruit, milk/yoghurt, fruit juice   | Glass or bottle (size or volume)                     |
| Soft drinks - concentrated/squash /cordial | Flavour; no added sugar/low calorie/sugar free; "high" juice; fortified with added vitamins and/or minerals                                       | Glass (size or volume)                               |
| Soft drinks - carbonated/fizzy             | Flavour; diet/low-calorie; canned or bottled; cola - caffeine free  | Glass, can or bottle (size or volume, e.g. 330ml)    |
| Soft drinks - ready to drink               | Flavour; no added sugar/low calorie/sugar free; does it contain real fruit juice, if so, how much?; fortified with added vitamins and/or minerals | Glass, carton or bottle (size or volume, e.g. 200ml) |
| Soup                                       | What sort; cream or clear; fresh/chilled, canned, instant or vending machine. If home-made, give recipe   | Spoons, bowl or mug                                  |
| Spaghetti, other pasta                     | What sort; fresh or dried; white, wholemeal; boiled, canned in sauce; type of filling if ravioli, cannelloni etc                                  | Spoons   |
| Sugar                                      | Added to cereals, tea, coffee, fruit, etc; what sort; e.g. white, brown, demerara   | Heaped or level teaspoons                            |
| Sweets                                     | What sort: e.g. toffees, boiled sweets, diabetic, sugar-free  | Number, packet weight                                |
| Tea  | with/without milk (see section on milk); decaffeinated, herb  | Mugs or cups   |



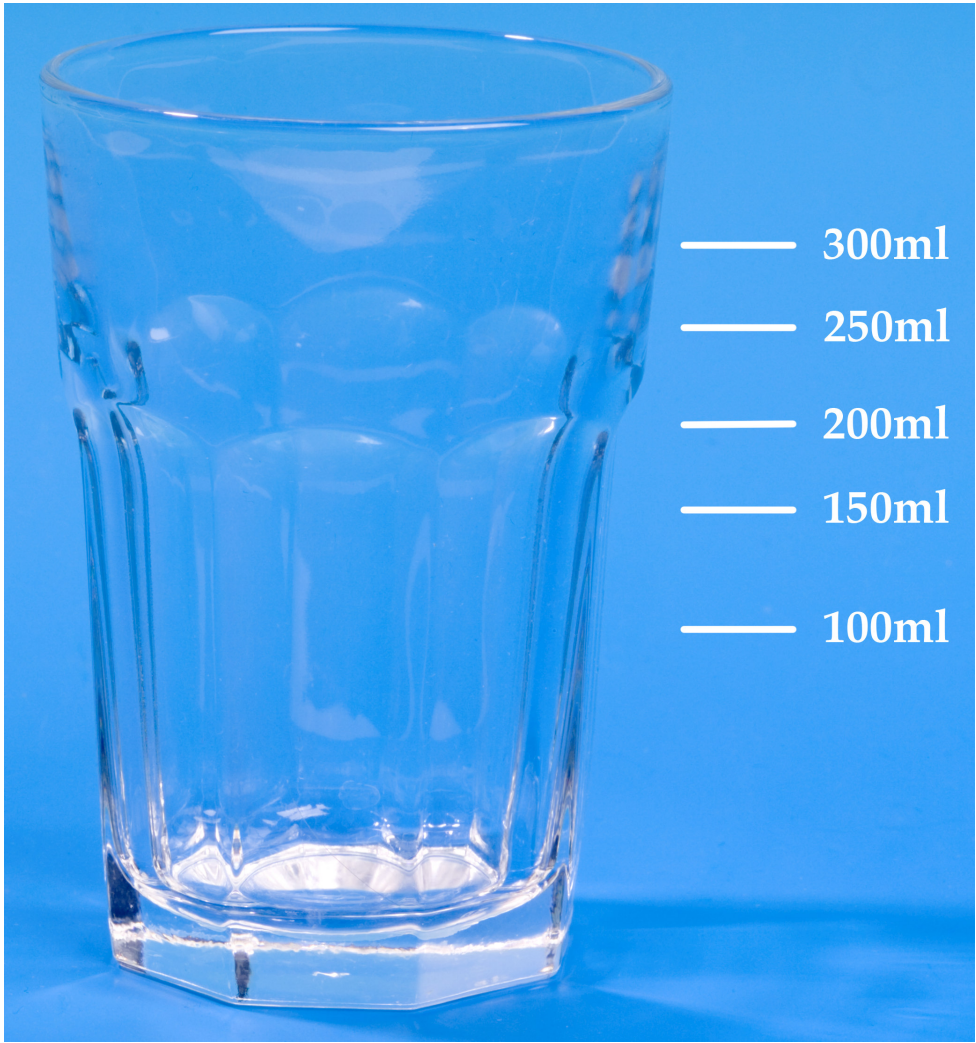
Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

| <i><b>Food/Drink</b></i>                      | <i><b>Description &amp; Preparation</b></i>   | <i><b>Amount</b></i>   |
|---|---|--|
| Vegetables (not including potatoes)           | What sort; how cooked or raw; additions e.g. butter, other fat or sauce   | Spoons, number of florets or sprouts, weight from tins or packet |
| Yoghurt (inc drinking yoghurt), fromage frais | What sort: e.g. natural/plain or flavoured; creamy, Greek, low-fat, very low fat/diet, soya; with fruit pieces or fruit flavoured; twinpot; fortified with added vitamins and/or minerals; longlife/UHT; probiotic  | Pot size (e.g. 150g) or tablespoons                              |
| Home-made dishes                              | Please say what the dish is called (record recipe or details of dish if you can in the section provided)  | Spoons   |
| Ready-made meals                              | Please give brand name and full description of product; did it contain any accompaniments e.g. rice, vegetables, sauces; chilled or frozen; microwaved, oven cooked, boil-in-the-bag; low fat, healthy eating range. Enclose label and ingredients list if possible in your plastic bag | Packet weight, portion size                                      |
| Take-away food or food eaten out              | Please say what the dish is called and give main ingredients if you can. Give name of a chain restaurant e.g. McDonalds   | Spoons, portion size e.g. small/medium/large                     |

Typical quantities of drinks in various containers measured in millilitres (ml)

|             | Small Glass | Average Glass | Large Glass | Vending Cup | Cup | Mug |
|-------------|-------------|---------------|-------------|-------------|-----|-----|
| Soft Drinks | 150         | 200           | 300         |             |     |     |
| Hot Drinks  |             |               |             | 170         | 190 | 260 |

Here is a life size glass showing what typical quantities look like. You can use this picture as a guide for estimating how much volume of drink the glass holds you are drinking from.



|                       |  |      |            |              |
|-----------------------|--|------|------------|--------------|
| Day 1                 | Day                                      | Date |            |              |
| Time                  | where?<br>with whom?<br>TV on?<br>Table? | what | Brand Name | Amount eaten |
| <i>6am to 9am</i>     |  |      |            |              |
|                       |  |      |            |              |
| <i>9am to 12 noon</i> |  |      |            |              |
|                       |  |      |            |              |
| <i>12 noon to 2pm</i> |  |      |            |              |
|                       |  |      |            |              |

|                    |  |      |            |              |
|--------------------|--|------|------------|--------------|
| Day 1              | Day                                      | Date |            |              |
| Time               | where?<br>with whom?<br>TV on?<br>Table? | what | Brand Name | Amount eaten |
| <i>2pm to 5pm</i>  |  |      |            |              |
|                    |  |      |            |              |
| <i>5pm to 8pm</i>  |  |      |            |              |
|                    |  |      |            |              |
| <i>8pm to 10pm</i> |  |      |            |              |
|                    |  |      |            |              |
| <i>10pm to 6am</i> |  |      |            |              |
|                    |  |      |            |              |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Did you take any vitamin and/or mineral supplements today?

YES

☐

NO

☐

If **YES**, please record details below (and enclose label in plastic bag if possible)

| Brand | Name (in full) including strength | Number of pills/capsules/tsps |
|-------|-----------------------------------|-------------------------------|
|       |                                   |                               |
|       |                                   |                               |
|       |                                   |                               |

Did you **finish all the food and drink** that you recorded in the diary today?

Yes

☐

No

☐

If no, please **go back to the diary and make a note of any leftovers**

**Write in recipe or ingredients of made up dishes or take-away dishes**

***NAME OF DISH***

***Serves:***

***Ingredients***

***Amount***

***Ingredients***

***Amount***

***Brief description of cooking method***

|                       |  |      |            |              |
|-----------------------|--|------|------------|--------------|
| Day 2                 | Day                                      | Date |            |              |
| Time                  | where?<br>with whom?<br>TV on?<br>Table? | what | Brand Name | Amount eaten |
| <i>6am to 9am</i>     |  |      |            |              |
|                       |  |      |            |              |
| <i>9am to 12 noon</i> |  |      |            |              |
|                       |  |      |            |              |
| <i>12 noon to 2pm</i> |  |      |            |              |
|                       |  |      |            |              |

|                    |  |      |            |              |
|--------------------|--|------|------------|--------------|
| Day 2              | Day                                      | Date |            |              |
| Time               | where?<br>with whom?<br>TV on?<br>Table? | what | Brand Name | Amount eaten |
| <i>2pm to 5pm</i>  |  |      |            |              |
|                    |  |      |            |              |
| <i>5pm to 8pm</i>  |  |      |            |              |
|                    |  |      |            |              |
| <i>8pm to 10pm</i> |  |      |            |              |
|                    |  |      |            |              |
| <i>10pm to 6am</i> |  |      |            |              |
|                    |  |      |            |              |



Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Did you take any vitamin and/or mineral supplements today?

YES

☐

NO

☐

If **YES**, please record details below (and enclose label in plastic bag if possible)

| Brand | Name (in full) including strength | Number of pills/capsules/tsps |
|-------|-----------------------------------|-------------------------------|
|       |                                   |                               |
|       |                                   |                               |
|       |                                   |                               |

Did you **finish all the food and drink** that you recorded in the diary today?

Yes

☐

No

☐

If no, please **go back to the diary and make a note of any leftovers**

| Write in recipe or ingredients of made up dishes or take-away dishes |               |                    |               |
|--|---------------|--------------------|---------------|
| <i>NAME OF DISH</i>  |               | <i>Serves:</i>     |               |
| <i>Ingredients</i>   | <i>Amount</i> | <i>Ingredients</i> | <i>Amount</i> |
|  |               |                    |               |
| <i>Brief description of cooking method</i>                           |               |                    |               |

|                       |  |      |            |              |
|-----------------------|--|------|------------|--------------|
| Day 3                 | Day                                      | Date |            |              |
| Time                  | where?<br>with whom?<br>TV on?<br>Table? | what | Brand Name | Amount eaten |
| <i>6am to 9am</i>     |  |      |            |              |
|                       |  |      |            |              |
| <i>9am to 12 noon</i> |  |      |            |              |
|                       |  |      |            |              |
| <i>12 noon to 2pm</i> |  |      |            |              |
|                       |  |      |            |              |

|                    |  |      |            |              |
|--------------------|--|------|------------|--------------|
| Day 3              | Day                                      | Date |            |              |
| Time               | where?<br>with whom?<br>TV on?<br>Table? | what | Brand Name | Amount eaten |
| <i>2pm to 5pm</i>  |  |      |            |              |
|                    |  |      |            |              |
| <i>5pm to 8pm</i>  |  |      |            |              |
|                    |  |      |            |              |
| <i>8pm to 10pm</i> |  |      |            |              |
|                    |  |      |            |              |
| <i>10pm to 6am</i> |  |      |            |              |
|                    |  |      |            |              |

Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Did you take any vitamin and/or mineral supplements today?

YES

☐

NO

☐

If **YES**, please record details below (and enclose label in plastic bag if possible)

| Brand | Name (in full) including strength | Number of pills/capsules/tsps |
|-------|-----------------------------------|-------------------------------|
|       |                                   |                               |
|       |                                   |                               |
|       |                                   |                               |

Did you **finish all the food and drink** that you recorded in the diary today?

Yes

☐

No

☐

If no, please **go back to the diary and make a note of any leftovers**

**Write in recipe or ingredients of made up dishes or take-away dishes**

***NAME OF DISH***

***Serves:***

***Ingredients***

***Amount***

***Ingredients***

***Amount***

***Brief description of cooking method***

Remember to complete the general questions on pages 36-41!

| Day 4                 | Day                                      | Date |            |              |
|-----------------------|--|------|------------|--------------|
| Time                  | Where?<br>With whom?<br>TV on?<br>Table? | what | Brand Name | Amount eaten |
| <i>6am to 9am</i>     |  |      |            |              |
|                       |  |      |            |              |
| <i>9am to 12 noon</i> |  |      |            |              |
|                       |  |      |            |              |
| <i>12 noon to 2pm</i> |  |      |            |              |
|                       |  |      |            |              |

|                    |  |      |            |              |
|--------------------|--|------|------------|--------------|
| Day 4              | Day                                      | Date |            |              |
| Time               | where?<br>with whom?<br>TV on?<br>Table? | what | Brand Name | Amount eaten |
| <i>2pm to 5pm</i>  |  |      |            |              |
|                    |  |      |            |              |
| <i>5pm to 8pm</i>  |  |      |            |              |
|                    |  |      |            |              |
| <i>8pm to 10pm</i> |  |      |            |              |
|                    |  |      |            |              |
| <i>10pm to 6am</i> |  |      |            |              |
|                    |  |      |            |              |



Was the amount of **food** that you had today about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Was the amount you had to **drink** today, including water, tea, coffee and soft drinks [and alcohol], about what you usually have, less than usual, or more than usual?

Yes,  
usual

☐

No, **less**  
than usual

☐

No, **more**  
than usual

☐

*Please tell us why you had less than usual*

*Please tell us why you had more than usual*

Did you take any vitamin and/or mineral supplements today?

YES

☐

NO

☐

If **YES**, please record details below (and enclose label in plastic bag if possible)

| Brand | Name (in full) including strength | Number of pills/capsules/tsps |
|-------|-----------------------------------|-------------------------------|
|       |                                   |                               |
|       |                                   |                               |
|       |                                   |                               |

Did you **finish all the food and drink** that you recorded in the diary today?

Yes

☐

No

☐

If no, please **go back to the diary and make a note of any leftovers**

**Write in recipe or ingredients of made up dishes or take-away dishes**

***NAME OF DISH***

***Serves:***

***Ingredients***

***Amount***

***Ingredients***

***Amount***

***Brief description of cooking method***

## General Questions about your food/ drink in the last 4 days.

### Special diet

1. Did you follow a special diet in the last 4 days (e.g. vegetarian, weight reducing)?

Yes ☐

*Please tell us about it*

No ☐

### Milk

2. Which type of milk did you use most often in the last 4 days?

Whole, fresh,  
pasteurised ☐

Semi-skimmed fresh,  
pasteurised ☐

Skimmed (fat free)  
fresh, pasteurised ☐

1% fat milk, fresh  
pasteurised ☐

Dried ☐

*Type*

Soya ☐

*Type*

Other ☐

*Type*

Did not  
use ☐

## Tea and coffee

3. How much milk did you usually have in coffee/ tea?

Coffee    A lot ☐    Some ☐    A little ☐    None/did not drink ☐

Tea    A lot ☐    Some ☐    A little ☐    None/did not drink ☐

4. Did you usually sweeten your coffee/ tea with sugar?

Coffee    Yes ☐    How many teaspoons in a mug/cup? ☐    No/did not drink ☐

Tea    Yes ☐    How many teaspoons in a mug/cup? ☐    No/did not drink ☐

5. Did you usually sweeten your coffee/ tea with artificial sweetener?

Coffee    Yes ☐    How many tablets or teaspoons in a mug/cup? ☐    No/did not drink ☐

Tea    Yes ☐    How many tablets or teaspoons in a mug/cup? ☐    No/did not drink ☐

6. Did you drink decaffeinated coffee/ tea in the last 4 days?

Coffee    Always ☐    Sometimes ☐    Never ☐

Tea    Always ☐    Sometimes ☐    Never ☐

## Breakfast cereals

7. How much milk did you usually have on breakfast cereal?

Drowned ☐ Average ☐ Damp ☐ None/did not eat ☐

8. How did you usually make your porridge?

With all water ☐ With all milk ☐ With milk and water ☐ Did not eat ☐

9. Did you usually sweeten or salt your porridge?

With sugar ☐ With honey ☐ With salt ☐ Neither/did not eat ☐

10. How did you usually make your instant oat cereal? e.g. Ready Brek

With all water ☐ With all milk ☐ With milk and water ☐ Did not eat ☐

11. Did you usually sweeten or salt your instant oat cereal?

With sugar ☐ With honey ☐ With salt ☐ Neither/did not eat ☐

### Fats for spreading and cooking

12. How thickly did you spread butter, margarine on bread, crackers etc?

Thick ☐ Medium ☐ Thin ☐ None ☐

13. Which fat spread did you use most often in the last 4 days?

Please record the full product name and fat content.

*e.g. Flora Omega 3 plus, low fat spread, 38% fat, polyunsaturated*

Name:

14. Which cooking fat/oil did your household use most often in the last 4 days? Please record the full product name.

*e.g. Sainsbury's sunflower oil*

Name:

### Bread

15. Which type of bread did you eat most often in the last 4 days?

White ☐ Granary ☐ Wholemeal ☐ Brown ☐

50/50 bread e.g.  
Hovis Best of Both

Other ☐

Type

Did not eat ☐

16. Was it a large loaf or a small loaf?

Large ☐ Small ☐

17. If the bread was shop bought, how was it sliced?

Thick ☐ Medium ☐ Thin ☐ Unsliced ☐

## Meat

18. If you ate red meat in the last 4 days, did you eat the visible fat?

Always ☐ Sometimes ☐ Never ☐ Did not eat meat ☐

19. If you ate poultry (e.g. chicken, turkey) in the last 4 days, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat poultry ☐

## Fruit and vegetables

20. If you ate apples in the last 4 days, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

21. If you ate pears in the last 4 days, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

22. If you ate new potatoes in the last 4 days, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

23. If you ate baked/jacket potatoes in the last 4 days, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

## Salt

24. Do you add salt to your food at the table?

Always ☐ Sometimes ☐ Never ☐

25. Do you add salt substitute to your food at the table? *e.g. LoSalt*

Always ☐ Sometimes ☐ Never ☐

## Cordial/squash/diluting juice

26. Which type of squash/cordial did you drink most often in the last 4 days?

Ordinary ☐ No added sugar /diet/low calorie ☐ Did not drink ☐

27. Which squash did you use most often in the last 4 days?

Please record the full product name

*e.g. Robinsons Peach Fruit & Barley no added sugar*

*Name:*

28. How much do you usually dilute your squash (e.g. half squash/half water, or 1 part squash with 4 parts water)?

*Please tell us:* \_\_\_\_\_

## Water

29. Which type of water did you drink most often in the last 4 days?

Tap ☐ Filtered ☐ Bottled ☐ *brand*

***Thank you for completing this diary.***



