

Food Diary



Australian Government

VVCS – Veterans and Veterans Families
Counselling Service

PLEASE WRITE IN CAPITALS

First Name:

Surname:

Group Name or Location:

Instructions

Choose 3 consecutive days to record your total food intake.

It's important to know what your eating habits are at the beginning of this program. This will help you to track your progress as you complete the program.

Include the following:

- All foods including snacks
- All fluids (including water, coffee, tea, alcohol)
- Day and night intake

Hints to complete your food diary:

- **Write down everything.** Take your form with you all day
- **Do it now.** Don't depend on your memory at the end of the day. Record your eating and drinking as you go
- **Be specific.** Record the type of sauce, the cooking method (eg: fried) and the brand name of the food where possible
- **Bread.** State the type of bread (white, rye, wholemeal etc)
- **Estimate the quantity of the food you eat.** If you had vegetables, record how much you ate of each type (1/4 cup). When eating meat, record the size of the meat (eg. palm sized, hand sized & thickness (cms). When drinking fluid, record the glass type and volume (eg. mls)
- **Be Alert!** Avoid changing your eating habits while you are keeping your diary. It is important not to predict your eating habits.

Do you have Diabetes?

Yes No

Your Dietitian will be able to be more specific with your feedback if they know what medications you are taking. Please list them here:-

Do you have any other medical conditions that may affect your diet?

DAY 1 - Food Diary

	Food Choices	Qty
BREAKFAST		
SNACKS		
LUNCH		
SNACKS		
DINNER		
SNACKS		

DAY 2 - Food Diary

	Food Choices	Qty
BREAKFAST		
SNACKS		
LUNCH		
SNACKS		
DINNER		
SNACKS		

DAY 3 - Food Diary

	Food Choices	Qty
BREAKFAST		
SNACKS		
LUNCH		
SNACKS		
DINNER		
SNACKS		