

Orientation - Food Diary



PLEASE WRITE IN CAPITALS

First Name/s:

Surname:

Email Address:

Group Name
or Location:

Instructions

Choose 3 consecutive days to record your total food intake.

It is 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 diary with you all day.
- Record your eating and drinking as you go. Don't depend on your memory at the end of the day.
- Be specific. Record the type of sauce, the cooking method (eg. fried) and the brand names of the food where possible.
- Bread. State the type of bread (eg. white, rye, wholemeal etc).
- Estimate the quantity of the food you eat. If you had vegetables, record how much you ate of each type (eg. 1/4 cup). When eating meat, record the size of the meat (eg. palm sized, hand sized & thickness (eg. cms). When drinking fluid, record the glass type and volume (eg. mls).
- Be Consistent. Avoid changing your eating habits while you are keeping your diary. It is important for your Dietitian to gain an understanding of your current eating habits prior to commencing the program.

Additional Information

To ensure the feedback provided to you by your Dietitian is tailored specifically to your goals and lifestyle we ask that you complete the following.

- Do you have any known medical conditions, food intolerances such or allergies as gluten, dairy, fructose or other that may affect your diet?

- Who prepares meals and / or buys groceries in your household?

- Do you take any vitamins or other dietary supplements?

Your Current Goals

Please select **up to 3** goals from those listed below to focus on over the coming months.

Weight Management

- ☐ Lose weight
- ☐ Gain weight
- ☐ Maintain weight

Improve Cardiovascular Health

- ☐ Reduce Blood Pressure
- ☐ Reduce Cholesterol
- ☐ Manage Diabetes

Physical Fitness

- ☐ Increased energy
- ☐ Overall health and wellbeing

Important Dietary Requirments: (e.g. vegetarian, pregnant, training for a sporting event)

Day 1 - Food Diary

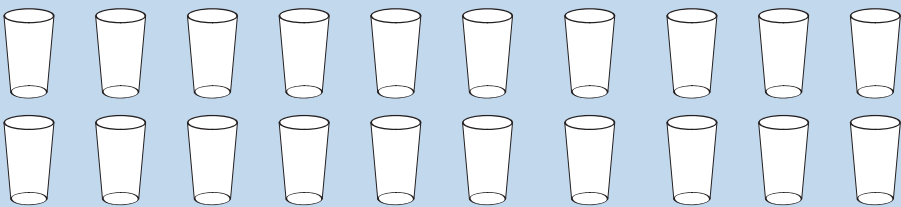


Australian Government
Department of Veterans' Affairs

Food & Beverage Choices

	Time	Food Choices	Quantity
BREAKFAST			
Snack			
LUNCH			
Snack			
DINNER			
Snack			

Please tick a glass with every water consumed:



Estimating Quantities - 1 serve equals:

- | | |
|------------------|----------------------------------------------------------|
| • Fruit: | 1 small apple, 1/2 cup sliced fruit, 1/4 cup dried fruit |
| • Vegetables: | 1/2 cup cooked, 1 cup raw |
| • Meat/Fish: | 85g or portion the size of a deck of cards |
| • Carbohydrates: | 1/2 cup cooked, rice, pasta, cereal, 1 slice of bread |
| • Fats: | 1 teaspoon |
| • Dairy: | 1 cup milk, 40g hard cheese, 3/4 cup yoghurt |

Day 2 - Food Diary

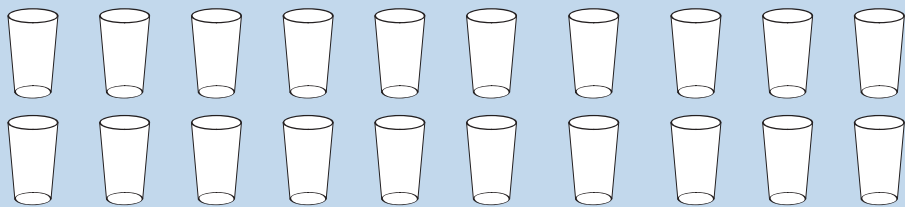


Australian Government
Department of Veterans' Affairs

Food & Beverage Choices

	Time	Food Choices	Quantity
BREAKFAST			
Snack			
LUNCH			
Snack			
DINNER			
Snack			

Please tick a glass with every water consumed:



Estimating Quantities - 1 serve equals:

- | | |
|------------------|----------------------------------------------------------|
| • Fruit: | 1 small apple, 1/2 cup sliced fruit, 1/4 cup dried fruit |
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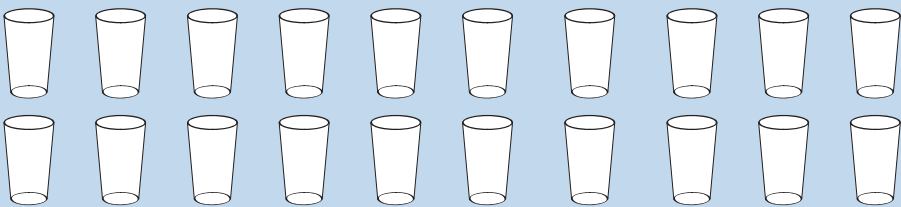
Day 3 - Food Diary



Food & Beverage Choices

	Time	Food Choices	Quantity
BREAKFAST			
Snack			
LUNCH			
Snack			
DINNER			
Snack			

Please tick a glass with every water consumed:



Estimating Quantities - 1 serve equals:

- | | |
|------------------|----------------------------------------------------------|
| • Fruit: | 1 small apple, 1/2 cup sliced fruit, 1/4 cup dried fruit |
| • Vegetables: | 1/2 cup cooked, 1 cup raw |
| • Meat/Fish: | 85g or portion the size of a deck of cards |
| • Carbohydrates: | 1/2 cup cooked, rice, pasta, cereal, 1 slice of bread |
| • Fats: | 1 teaspoon |
| • Dairy: | 1 cup milk, 40g hard cheese, 3/4 cup yoghurt |