

# Food Diary

Day:

| Meal      | Food Description | Amount | Hunger Level 1-10 | How to Fill in your Diary  |
|-----------|------------------|--------|-------------------|--|
| Breakfast |                  |        |                   | <ul style="list-style-type: none"> <li>• Try to add things as you have them; it's much harder to remember it later.</li> <li>• Remember to include the small things, for example most of us pick at the food we're preparing!</li> <li>• Indicate how you cooked the food i.e. baked, grilled, steamed.</li> <li>• Be specific; instead of writing chicken sandwich, write wholemeal bread chicken sandwich with mayo and lettuce.</li> <li>• If you buy certain brands, note it down, you'd be surprised at the difference in nutritional value from store to store.</li> <li>• Hunger score, write a number from 1-10 to explain how hungry you were when you were eating. 1 = not very 10 = ravenous! Try and note why you're eating i.e. it was lunchtime at work, wouldn't get the chance otherwise - hunger score 4</li> <li>• Remember to include drinks; the nutritional value of liquid you consume is often as important as the values of your food</li> <li>• Amounts don't have to be exact but an idea is always good, for example you could write; rice - portion the size of an egg</li> <li>• Most of us have the odd drink or piece of chocolate so don't feel guilty about writing down your treats.</li> <li>• Eat as you normally would; a clear reflection of your current diet is the best help when starting on any new diet, whether it is to lose weight, gain muscle, or anything else.</li> </ul> |
| Lunch     |                  |        |                   |  |
| Dinner    |                  |        |                   |  |
| Snacks    |                  |        |                   |  |
| Drinks    |                  |        |                   |  |
| Exercise  |                  |        |                   |  |