

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

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FIRST NAME

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 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. For easy use each day is divided into sections, from the first thing in the morning to late evening and through the night.

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 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 pieces of chicken nuggets, 1 regular size jam filled doughnut
- **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 **leftovers** into account. You can do this in two ways:

1. Record what was served and make notes of 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 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!

Day: Thurs		Date: 31st March		
Time	Where? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
How to describe what you had and how much you had can be found on pages 16 - 21				
6am to 9am				
6.30 am	Kitchen Alone No TV Not at table	Filter coffee, decaffeinated milk (fresh, semi-skimmed) Sugar white	Douwe Egberts Silverspoon	Mug A little 1 level tsp
7.30 am	Kitchen Partner TV on At table	Filter coffee with milk and sugar Cornflakes Milk (fresh, semi-skimmed) Toast, granary medium sliced Light spread Marmalade	As above Tesco's own Hovis Flora Hartleys	As above 1b drowned 1 slice med spread 1 heaped tsp
9am to 12 noon				
10.15 am	Office desk Alone No TV Not at table	Instant coffee, not decaffeinated Milk (fresh, whole) Sugar brown	Kenco	Mug A little 1 level tsp
11 am	Office desk Alone No TV Not at table	Digestive biscuit – chocolate coated on one side	McVities	2

Time	Where? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
12 noon to 2pm				
12.30 pm	Tea room at work Colleagues No TV At table	<p>Ham salad sandwich from home Bread, wholemeal, thick sliced Light spread</p> <p>Low fat Mayonnaise Smoked ham thinly sliced Lettuce, iceberg Cucumber with skin</p> <p>Unsweetened orange juice from canteen</p> <p>Apple with skin from home, Braeburn</p>	<p>Tesco's own Flora</p> <p>Hellmans Tesco's own</p> <p>Tropicana</p>	<p>2 slices thin spread on 1 slice</p> <p>2 teaspoons 2 slices 1 leaf 4 thin slices</p> <p>250ml carton</p> <p>medium size, core left</p>
2pm to 5pm				
3 pm	Meeting room at work With supervisor No TV Not at table	<p>Tea, decaffeinated Milk (fresh, whole) Jaffa cake – mini variety</p>	<p>Twinings Tesco's own McVities</p>	<p>Mug Some 6</p>

Time	Where? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
5pm to 8pm				
6.30 pm	Pub Partner TV on At table	Gin Tonic water diet Lager 3.8% alcohol Salted peanuts	Gordon's Schweppes Draught, Carlsberg KP	Single measure 1/2 small glass 1 pint 1 handful
8 pm	Dining room Family No TV At table	Spaghetti, wholemeal Bolognese sauce (see recipe) Courgettes (fried in butter) Tinned peaches in juice (juice drained) Single cream UHT Orange squash No Added Sugar	Tesco's own Prince's Sainsbury's own	3b 6 tablespoons 4 tablespoons 3 halves 1 tablespoon 200ml glass, 1 part squash, 3 parts tap water
8pm to 10pm				
9 pm	Sitting room Alone TV on Not at table	Grapes, green, seedless Chocolates, chocolate creams Potato crisps, Prawn Cocktail	Bendicks Walkers	15 2 25g bag (from multipack)
10pm to 6am				
10.30 pm	Bed room Partner No TV Not at table	Camomile tea (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**

Brand	Name (in full) including strength	Number of pills, capsules, teaspoons
<i>Healthspan</i>	<i>Omega3 fish oil with vitamin A, C, D & E</i>	<i>2 capsules</i>
<i>Boots</i>	<i>Calcium (1000mg) with vitamin D</i>	<i>1 tablet</i>
<i>Holland & 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: <i>Bolognese sauce</i>		SERVES: <i>4</i>	
Ingredients	Amount	Ingredients	Amount
<i>Co-op low fat beef mince</i>	<i>500g</i>	<i>Lea & 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 <i>Fry onion & garlic in oil, add mince and fry till brown.</i> <i>Add pepper, tomatoes, puree, Worcester sauce & herbs. Simmer for 30 mins</i>			

Day: <i>Friday</i>		Date: <i>28.09.2007</i>		
Time	Where? With Whom? At table? TV on?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>How to describe what you had and how much you had can be found on pages 16 - 21</i>				
<i>6am to 9am</i>				
<i>8.00 am</i>	<i>Café take away – eating on my way to work Alone</i>	<i>Cappuccino, no sugar</i> <i>Blueberry muffin, regular not low fat</i>	<i>Starbucks</i> <i>Starbucks</i>	<i>Medium size</i> <i>One</i>
<i>8.45 am</i>	<i>Office desk Alone No TV Not at table</i>	<i>Tap water</i>		<i>300 ml glass</i>
<i>9am to 12 noon</i>				
<i>10 am</i>	<i>Office desk Alone No TV Not at table</i>	<i>Banana</i> <i>Black tea semi-skimmed milk, no sugar</i>	<i>Typhoo Asda</i>	<i>One, medium size</i> <i>Large Mug A lot</i>

Time	Where? With Whom? At table? TV on?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
12 noon to 2pm				
1 pm	Work tea room With colleague No TV At table	Crayfish sandwich multiseed bread, wholemeal, medium cut, crayfish in lemon mayonnaise, no other spread rocket leaves Apple & Raspberry fruit drink	M&S pre-packed Sandwich J20	2 slices Medium filling 6 to 8 1 bottle, 275ml
2pm to 5pm				
4.30 pm	Friends House Lounge With Friend Not at table TV on	Coffee, instant Semi-skimmed milk Fairy Cake, homemade, see recipe	Kenco	Medium mug A lot 1 cake

Time slot	Where? With Whom? At table? TV on?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
5pm to 8pm				
7.30 pm	Kitchen/Diner With boyfriend At table No TV	Chicken in creamy mushroom and white wine sauce for 2, oven White rice, boiled Wine 13% alcohol	Sainsbury's, 370g (wrapper collected) Easy cook, Italian, Sainsbury's Sauvignon Blanc, New Zealand	½ pack 2C 1 small glass, 125ml
8pm to 10pm				
9.15 pm	Sitting Room With boyfriend Not at table TV on	Squash, apple & blackcurrant, no added sugar, Crisps	Sainsbury's Pringles, sour cream and chives	1 average glass, 200ml 5
10pm to 6am				
11.30 pm	Bedroom Alone Not at table 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 & Barrett</i>	<i>Evening Primrose Oil – 1000mg</i>	<i>1 capsule</i>
<i>Holland & 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 & 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</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>		

Brief description of cooking method

Mix together and bake for 15 min.

Mix icing sugar with water and add colouring. Approx. 1 teaspoon of icing on each cake

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

Food/Drink	Description & Preparation	Portion size or quantity
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; % alcohol or 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

Food/Drink	Description & Preparation	Portion size or quantity
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

Food/Drink	Description & Preparation	Portion size or quantity
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. 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

Food/Drink	Description & Preparation	Portion size or quantity
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. ¼
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

Food/Drink	Description & Preparation	Portion size or quantity
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

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

Food/Drink	Description & Preparation	Portion size or quantity
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; % alcohol or 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



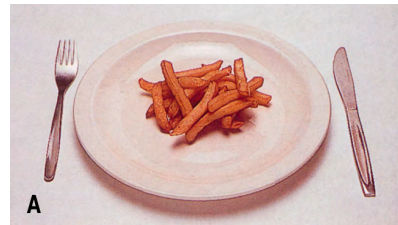
2. Rice



3. Spaghetti



4. Chips



5. Broccoli/ cauliflower



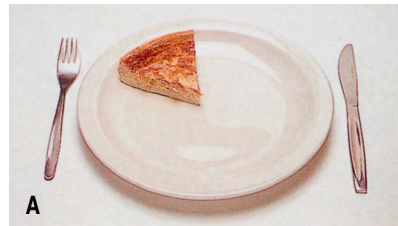
6. Stew /curry



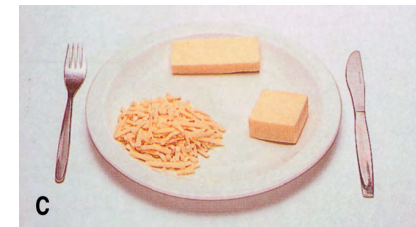
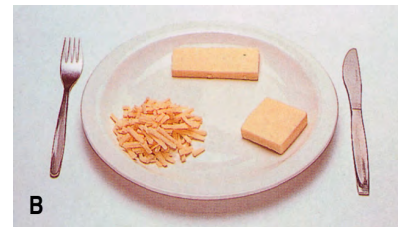
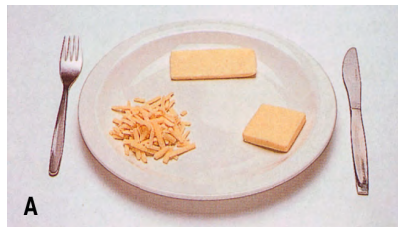
7. Battered fish



8. Quiche / Pie



9. Cheese



10. Sponge cake

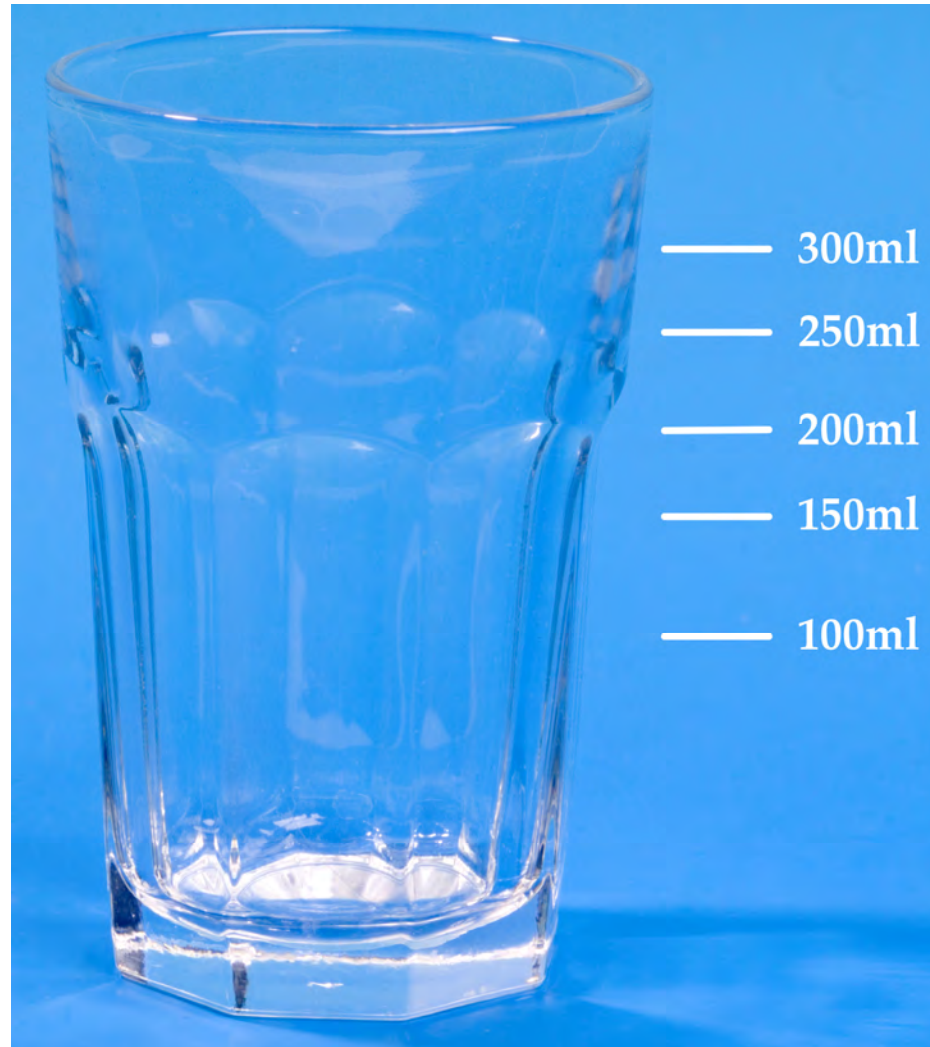


Typical quantities of drinks in various containers measured in millilitres (ml)

	Small glass	Average glass	Large glass	Vending cup	Cup	Mug
Soft drinks	150	200	300			
Wine	125	175	250			
Hot drinks				170	190	260

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? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>How to describe what you had and how much you had can be found on pages 16 - 21</i>				
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				

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

Time	Where? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or 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			
NAME OF DISH:		Serves:	
Ingredients	Amount	Ingredients	Amount
Brief description of cooking method			

DAY 2

Day 2:		Date:		
Time	Where? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>How to describe what you had and how much you had can be found on pages 16 - 21</i>				
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				

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

Time	Where? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or 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			
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:		Serves:	
Ingredients	Amount	Ingredients	Amount
Brief description of cooking method			

DAY 3

Day 3:		Date:		
Time	Where? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>How to describe what you had and how much you had can be found on pages 16 - 21</i>				
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				

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

Time	Where? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or 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			

DAY 4

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

Day 4:		Date:		
Time	Where? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>How to describe what you had and how much you had can be found on pages 16 - 21</i>				
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				

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

Time	Where? With Whom? TV on? At table?	Food/Drink description & preparation	Brand Name	Portion size or 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			

General questions about your food/ drink during the recording period.

Special diet

1. Did you follow a special diet during the recording period e.g. vegetarian, cholesterol lowering, weight reducing?

Yes ☐

Please specify

No ☐

Milk

2. Which type of milk did you use most often during the recording period?

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 during the recording period?

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. Which type of butter, margarine or other fat spread did you use most often during the recording period?
Please record the full product name and fat content

Name:

None

☐

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

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

Thick ☐

Medium ☐

Thin ☐

N/A ☐

14. Which type of cooking fat/oil did your household use most often over the recording period? Please record the full product name e.g. *Sainsbury's sunflower oil*

Name:

None

☐

Bread

15. Which type of bread did you eat most often during the recording period?

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 ☐ N/A ☐

Meat

18. If you ate meat during the recording period, did you eat the visible fat?

Always ☐ Sometimes ☐ Never ☐ Did not eat meat ☐

19. If you ate poultry (e.g. chicken, turkey) during the recording period, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat poultry ☐

Fruit and vegetables

20. If you ate apples during the recording period, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

21. If you ate pears during the recording period, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

22. If you ate new potatoes during the recording period, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

23. If you ate baked/jacket potatoes during the recording period, 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 during the recording period?

Tap ☐ Filtered ☐ Bottled ☐ *brand* Did not drink ☐

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.....	28-34
Pictures for food portion size guidance.....	35-38
<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.....	39-40

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, $\frac{1}{2}$ 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 $\frac{1}{2}$
2. Only record the amount actually eaten i.e. 2 tbsp of peas; $\frac{1}{2}$ 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.

It only takes a few minutes for each eating occasion!
--

Thank you for your time – we really appreciate it!

Day: Thurs		Date: 31 March		
Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand Name	Portion size or quantity eaten
How to describe what you had and how much you had can be found on pages 28-34				
6am to 9am				
6.30 am	Kitchen Alone No TV Not at table	Filter coffee, decaffeinated milk (fresh, semi-skimmed) Sugar white	Douwe Egberts Silterspoon	Mug A little 1 level tsp
7.30 am	Kitchen Partner TV on At table	Filter coffee with milk and sugar Cornflakes Milk (fresh, semi-skimmed) Toast, granary medium sliced Light spread Marmalade	As above Tesco's own Hovis Flora Hartleys	As above 1B drowned 1 slice med spread 1 heaped tsp
9am to 12 noon				
10.15 am	Office desk Alone No TV Not at table	Instant coffee, not decaffeinated Milk (fresh, whole) Sugar brown	Kenco	Mug A little 1 level tsp
11 am	Office desk Alone No TV Not at table	Digestive biscuit – chocolate coated on one site	McVities	2

Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
12 noon to 2pm				
12.30 pm	Work tea room With colleagues No TV At table	<p>Ham salad sandwich from home Bread, wholemeal, thick sliced Light spread</p> <p>Low fat Mayonnaise Smoked ham thinly sliced Lettuce, iceberg Cucumber with skin</p> <p>Unsweetened orange juice from canteen</p> <p>Apple with skin from home, Braeburn</p>	<p>Tesco's own Flora</p> <p>Hellmans Tesco's own</p> <p>Tropicana</p>	<p>2 slices thin spread on 1 slice</p> <p>2 teaspoons 2 slices 1 leaf 4 thin slices</p> <p>250ml carton</p> <p>medium size, core left</p>
2pm to 5pm				
3 pm	Meeting room With supervisor No TV Not at table	<p>Tea, decaffeinated Milk (fresh, whole) Jaffa cake – mini variety</p>	<p>Twinnings Tesco's own McVities</p>	<p>Mug Some 6</p>

Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
5pm to 8pm				
6.30 pm	Pub, partner No TV At table	Gin Tonic water diet Lager 3.8% alcohol Salted peanuts	Gordon's Schweppes Draught, Carlsberg KP	Single measure 1/2 small glass 1 pint 1 handful
8 pm	Dining room Family No TV At table	Spaghetti, wholemeal Bolognese sauce (see recipe) Courgettes (fried in butter) Tinned peaches in juice (juice drained) Single cream UHT Orange squash No Added Sugar	Tesco's own Prince's Sainsbury's own	3b 6 tablespoons 4 tablespoons 3 halves 1 tablespoon 200ml glass, 1 part squash, 3 parts tap water
8pm to 10pm				
9 pm	Sitting room Alone TV on Not at table	Grapes, green, seedless Chocolates, chocolate creams Potato crisps, Prawn Cocktail	Bendicks Walkers	15 2 25g bag from multipack
10pm to 6am				
10.30 pm	Bed room Partner No TV Not at table	Camomile tea (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**

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

Ingredients	Amount	Ingredients	Amount
<i>Co-op low fat beef mince</i>	<i>500g</i>	<i>Lea & 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

Day: <i>Friday</i>		Date: <i>28.09.2007</i>		
Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
<i>How to describe what you had and how much you had can be found on pages 28-34</i>				
<i>6am to 9am</i>				
<i>8.00 am</i>	<i>Café take away – eating on my way to work Alone</i>	<i>Cappuccino, no sugar</i>	<i>Starbucks</i>	<i>Medium size</i>
		<i>Blueberry muffin, regular not low fat</i>	<i>Starbucks</i>	<i>One</i>
<i>8.45 am</i>	<i>Office desk Alone No TV Not at table</i>	<i>Tap water</i>		<i>300 ml glass</i>
<i>9am to 12 noon</i>				
<i>10am</i>	<i>Office desk Alone No TV Not at table</i>	<i>Banana</i>		<i>One, medium size</i>
		<i>Black tea semi-skimmed milk, no sugar</i>	<i>Typhoo Asda</i>	<i>Large Mug A lot</i>

Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
12 noon to 2pm				
1 pm	Work tea room With colleague No TV At table	Crayfish sandwich multiseed bread, medium cut, crayfish in lemon mayonnaise, no other spread rocket leaves Apple & Raspberry fruit drink	M&S pre-packed Sandwich J20	2 slices Medium filling 6 to 8 1 bottle, 275ml
2pm to 5pm				
4.30 pm	Friends House Lounge With Friend Not at table TV on	Coffee, instant Semi-skimmed milk Fairy Cake, homemade, see recipe	Kenco	Medium mug A lot 1cake

Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
5pm to 8pm				
7.30 pm	Kitchen/Diner With boyfriend At table No TV	Chicken in creamy mushroom and white wine sauce for 2, oven White rice (homemade), boiled Wine 13% alcohol	Sainsbury's, 370g (wrapper collected) Easy cook, Italian, Sainsbury's Sauvignon Blanc, New Zealand	½ pack 1C 1 small glass, 125ml
8pm to 10pm				
9.15 pm	Sitting Room With boyfriend Not at table TV on	Squash, apple & blackcurrant, no added sugar, Crisps	Sainsbury's Pringles, sour cream and chives	1 average glass, 200ml 5
10pm to 6am				
11.30 pm	Bedroom Alone Not at table 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 & Barrett</i>	<i>Evening Primrose Oil – 1000mg</i>	<i>1 capsule</i>
<i>Holland & 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 & 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>Homepride self-raising flour</i>	<i>175g</i>		
<i>Baking powder</i>	<i>1 teaspoon</i>		
Brief description of cooking method <i>Mix together and bake for 15 min.</i> <i>Mix icing sugar with water and add colouring. Approx. 1 teaspoon of icing on each cake</i>			

Day: <i>Monday</i>		Date: <i>11 June 20007</i>		
Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand Name	Portion size or quantity <u>eaten</u>
How to describe what you had and how much you had can be found on pages 28-34				
6am to 9am				
<i>7am</i>	<i>Dining Room Wife TV on At table</i>	<i>Porridge Made with semi-skimmed milk Honey Orange Juice, 100% juice</i>	<i>Quaker Sainsburys Sainsburys Tropicana</i>	<i>30g sachet 200ml milk 2 tsp 1/4 pint</i>
9am to 12 noon				
<i>10am</i>	<i>Work desk Colleagues No TV Not at table</i>	<i>Coffee, white, with sugar (bean to cup) Bourbon biscuits</i>	<i>Vending machine Tesco's</i>	<i>Regular size vending cup 2 biscuits</i>

Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand	Portion size or quantity <u>eaten</u>
12 noon to 2pm				
1pm	Work Restaurant Colleagues At table No TV	<i>Pepperoni pizza with peppers and olives – thin crust</i> <i>Salad – Tomatoes Cucumber Lettuce (iceberg) Carrots</i> <i>Thousand Island Dressing</i> <i>Coca-cola, standard</i>	<i>Made in work restaurant</i> <i>Tesco</i>	<i>9 inch, ate 1/3</i> <i>4 cherry About 6 slices About 4 leaves About 10 slices</i> <i>1 tbsp</i> <i>330ml can</i>
2pm to 5pm				
3pm	Work desk Alone No TV Not at table	<i>Bottle of water</i> <i>Banana</i>	<i>Evian</i>	<i>500ml bottle</i> <i>1 large</i>

Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand	Portion size or quantity <u>eaten</u>
5pm to 8pm				
7pm	Indian Restaurant Wife and Friends No TV At table	Papadum Mango Chutney Cucumber Raita Chicken Tikka Prawn Bhuna Niramish (Vegetable side dish, including okra, tomato) Pilau Rice Keema Nan Onion Bhaji Beer 4.6% alcohol Water	Corona Don't know	1 and half About 4 teasp About 4 teasp 1 chicken breast 3 serving spoons 1/2 of dish (about 4 table spoons) 1 dish 1/2 of a large size nan 1 large bhaji 3 bottles 2 med glasses
8pm to 10pm				
9pm	Pub Wife and Friends TV on At table	Beer, draught, 3.8% alcohol Salt and Vinegar Crisps, Crinkle cut	Carlsberg McCoys	2 pints 1 handful
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

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.

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: Friday		Date: 7 Sept 2007		
Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand	Portion size or quantity <u>eaten</u>
How to describe what you had and how much you had can be found on pages 28-34				
6am to 9am				
7.30 am	Dining room Friends No TV At table	Cooked breakfast: Pork sausages, fried in sunflower oil Unsmoked streaky bacon, grilled, fat eaten Mushrooms, fried Baked beans Hash browns, oven baked Tomato, grilled Orange juice Tea Whole milk White Sugar	Walls Tesco Heinz Birds Eye Tropicana Twinings Sainsbury's Silverspoon	2 regular size 2 rashers 6 2 tbsp 2 1, medium Small glass 1 mug Dash 2 heaped teasp
9am to 12 noon				
10am	Work desk Alone No TV Not at table	White coffee, no sugar	Vending machine	1 cup

Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand	Portion size or quantity <u>eaten</u>
12 noon to 2pm				
1pm	Work canteen Colleagues No TV At table	Soup – minestrone White bread, thick slices from large loaf Butter, salted	Don't know Don't know Lakeland Dairies	1 soup bowl 2 slices 2 portion packs
2pm to 5pm				
3pm	Work desk Alone No TV Not at table	White coffee Chocolate digestives (half coated)	Vending machine McVities	1 cup 2

Time	Where? With whom? TV on? Table?	Food/Drink description & preparation	Brand	Portion size or quantity <u>eaten</u>
5pm to 8pm				
8pm	Friend's house Friends (birthday party) Not at table No TV	Buffet: Cheese and tomato pizza Potato salad 4 Sandwiches (all with spread): Tuna, sweetcorn and mayo on white bread Wafer thin ham & cucumber on wholemeal bread Smoked salmon and cream cheese on wholemeal bread Cheddar Cheese and pickle on white bread Quiche Lorraine Water biscuits Cheddar cheese Pickle Beer, 5% alcohol, canned	Don't know Don't know Tesco Carr's Branston's Heineken	1/6 of 9in pizza 1 tbsp See recipe section 1/8 quiche 4 4 thick slices 2 tsp 2 pints
8pm to 10pm				
9pm	Friend's house Friends TV on Not at table	Beer, 5% alcohol, canned Salted peanuts	Heineken KP	2 pints 2 handfuls
10pm to 6am				
11pm	Living room Alone TV on Not at table	Dry white wine, 13.5% alcohol	Jacob's Creek	1 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

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.

Write in recipes or ingredients of made up dishes or take-away dishes			
NAME OF DISH: Buffet sandwiches		SERVES: 1	
Ingredients	Amount	Ingredients	Amount
Thick sliced white bread	2 slices	Cheddar cheese	2 slices
Thick sliced wholemeal bread	2 slices	Pickle	2 tsp
Unknown spread	Medium spread on all slices		
Tuna, sweetcorn & Mayo	1 tbsp		
Wafer thin ham	1 slice		
Cucumber	2 slices		
Smoked salmon	1 slice		
Cream cheese	2 tsp		
Brief description of cooking method			

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

Food/Drink	Description & Preparation	Portion size or quantity
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; % alcohol or 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

Food/Drink	Description & Preparation	Portion size or quantity
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

Food/Drink	Description & Preparation	Portion size or quantity
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

Food/Drink	Description & Preparation	Portion size or quantity
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. 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

Food/Drink	Description & Preparation	Portion size or quantity
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

Food/Drink	Description & Preparation	Portion size or quantity
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; % alcohol or 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

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Portion size or quantity</i>
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



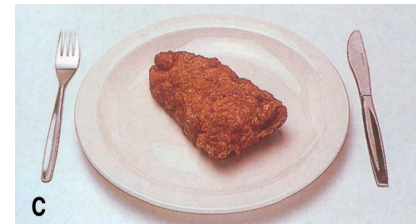
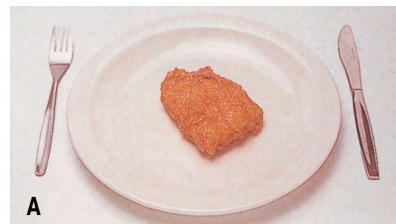
5. Broccoli or cauliflower



6. Stew or curry



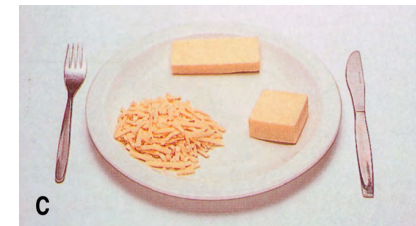
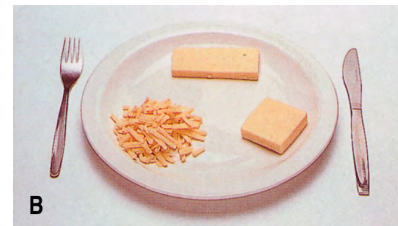
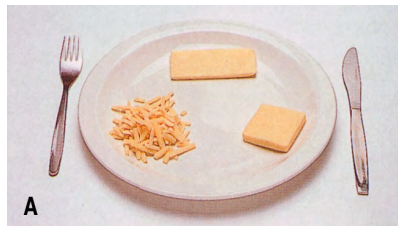
7. Battered fish



8. Quiche / Pie



9. Cheese



10. Sponge cake

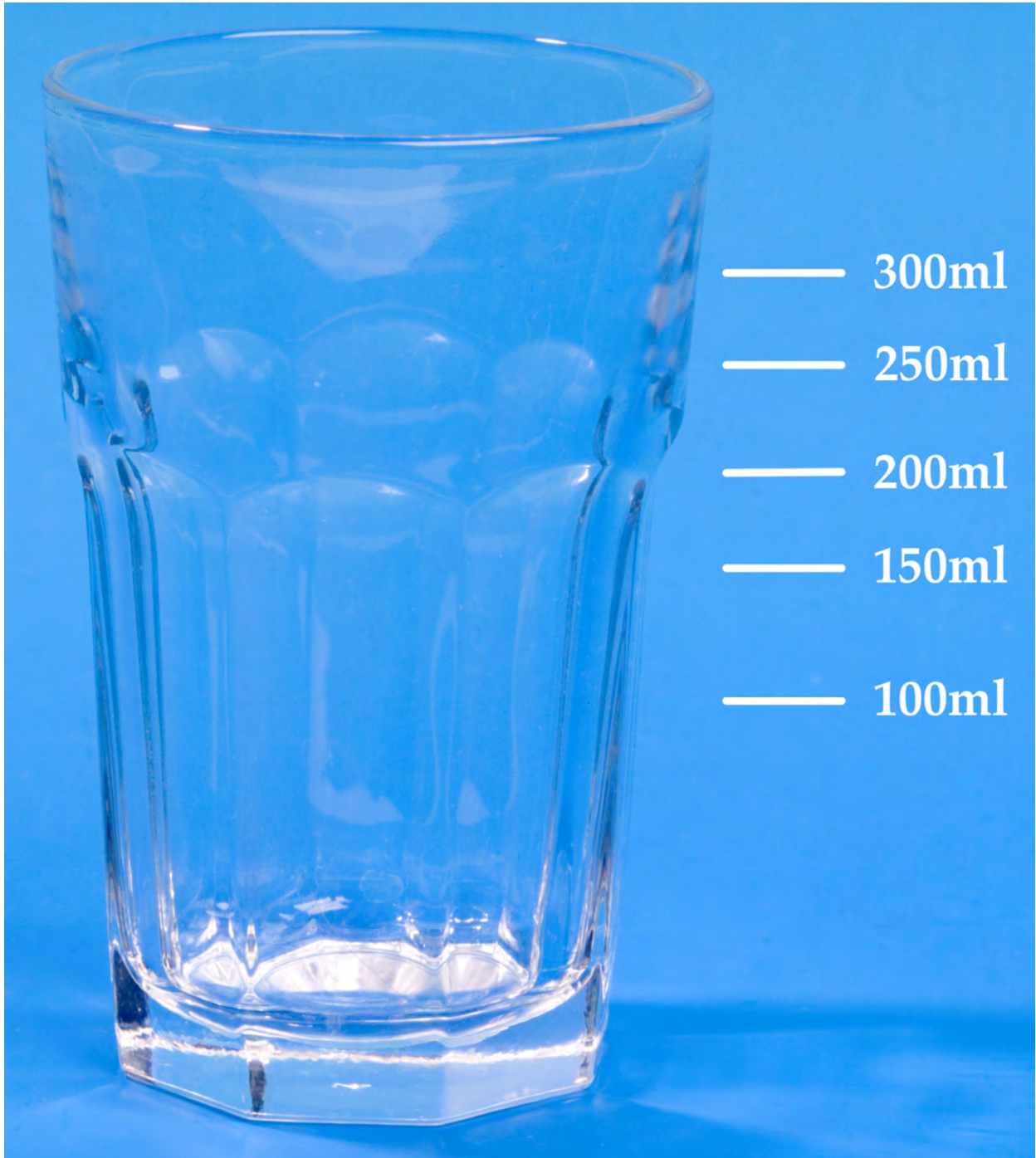


**Typical quantities of drinks in various containers
measured in millilitres (ml)**

	Small glass	Average glass	Large glass	Vending cup	Cup	Mug
Soft drinks	150	200	300			
Wine	125	175	250			
Hot drinks				170	190	260

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

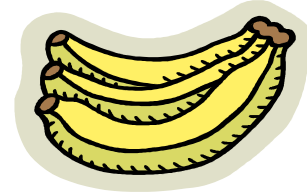
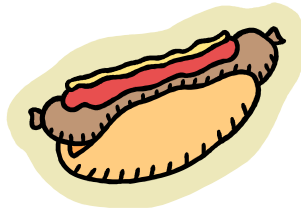
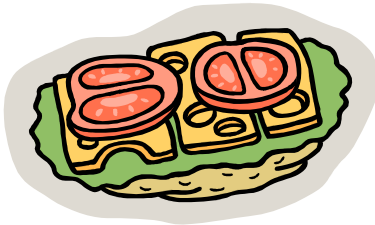
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Nelson, M., Atkinson, M.
& Meyer, J. (1997).
A Photographic Atlas of Food Portion Sizes.
London, MAFF Publications.

NATIONAL DIET AND NUTRITION SURVEY

Food and Drink Diary

DIARY START DATE: _____



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SERIAL NUMBER

--

CKL

--

RESPONDENT No

--

FIRST NAME

Sex: Male / Female

Date of birth:

--	--	--	--	--	--

INTERVIEWER NUMBER:

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INTERVIEWER NAME:

--

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.

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

With Whom: 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 EXAMPLE	Day: Thursday	Date: March 31 st		
Time	where? With whom? TV on? Table?	what	Brand Name	Amount eaten
How to describe what you had and how much you had can be found on pages 12-17				
<i>6am to 9am</i>				
7.30am	Kitchen Family No TV At table	Orange juice, unsweetened, UHT Tea Milk, fresh semi skimmed Sugar white Weetabix Milk as above Sugar as above Toast wholemeal, large loaf Butter unsalted Strawberry Jam	Tesco Tesco Tesco Silverspoon Hovis Anchor Co-op	Large glass Mug A little 2 level teaspoons 2 Drowned 2 heaped teaspoons 2 thin slices thick spread on both 1 teaspoon on one slice
<i>9am to 12 noon</i>				
11am	School playground With friends	Coca cola diet Potato crisps, Salt and Vinegar	Coca Cola Walkers	330ml can 25g packet from a multipack
12noon	School corridor Alone	Water from water cooler Mars Bar		small plastic cup 1 kingsize
<i>12 noon to 2pm</i>				
12.45pm	School canteen With friends At table	Sandwich, from home White bread, large loaf Spread Ham unsmoked Cheddar cheese Branston Pickle Apple with skin from home Ribena Light, Ready to Drink, Blackcurrant, from canteen Kitkat from home	Kingsmill Flora Light Tescos	2 med slices thin spread on both slices 1 slice 2 medium slices 1 teaspoon 1 (left core) 220ml carton 2 fingers
1.50pm	School corridor Alone	Chewing gum	Orbit Sugar Free	1 piece

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

Please tell us why you had less than usual

No, **more** 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 ☐

Please tell us why you had less than usual

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
Bassetts	Soft and chewy vitamins A (800 g), C (60mg), D (5 g) 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			
NAME OF DISH: <i>Chicken in tomato sauce</i>		Serves: <i>4 people</i>	
Ingredients	Amount	Ingredients	Amount
<i>pieces of chicken</i>	<i>3 pieces</i>		
<i>sauce made with tinned tomatoes, green pepper and onions</i>	<i>2 tablespoons</i>		
Brief description of cooking method <i>Chicken pieces fried in olive oil, then mixed in with tomato and vegetable sauce</i>			

Day EXAMPLE	Day: Friday	Date: April 1st		
Time	where? with whom? TV on? Table?	what	Brand Name	Amount eaten
How to describe what you had and how much you had can be found on pages 12-17				
6am to 9am				
7.45am	Dining Room Family No TV At table	Special K Bliss Strawberry and Chocolate Whole milk Banana Smoothie, made with semi-skimmed milk	Kelloggs Tesco's Homemade see recipe	4 tbsp Drowned 1 medium glass
9am to 12 noon				
11.30 am	School playground School friends	Orange Juice, unsweetened Mars Bar	Libby's Mars	200ml carton 2 fun size
12 noon to 2pm				
1pm	School canteen School Friends At table	Roast Chicken Roast Potatoes Boiled Carrots Boiled Peas Gravy Plain sponge pudding with jam Warm chocolate custard		3 slices 2 potatoes 1 tablespoon 1 tablespoon 2 tbsp Small portion 2 dessertspoons

Day EXAMPLE	Day: Friday	Date: April 1st		
Time	Where? With whom? TV on? Table?	what	Brand Name	Amount eaten
<i>2pm to 5pm</i>				
3.30pm	Car Family	Bottle of water Grapes, green, seedless	Evian	$\frac{1}{2}$ bottle - 500mls 10 grapes
4.30pm	Living room Sister TV on Not at table	Ready salted Crisps	Pringles	About 15 crisps
<i>5pm to 8pm</i>				
7pm	Dining room Family No TV At table	Cheese and tomato pizza, thin base Green beans, boiled Broccoli, boiled Chocolate Mousse, low fat Orange High Juice Squash	Pizza Express (cook at home) Cadburys Robinson's	$\frac{1}{2}$ pizza (500g) uncooked 2 tbsp 2 florets 55g pot 1/3 squash & 2/3 water
<i>8pm to 10pm</i>				
9pm	Bedroom Alone TV on 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			
NAME OF DISH: <i>Banana Smoothie</i>		Serves: <i>1</i>	
Ingredients	Amount	Ingredients	Amount
<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>		
Brief description of cooking method <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>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</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 (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 (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 & 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

Food/Drink	Description & Preparation	Amount
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 & 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

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
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

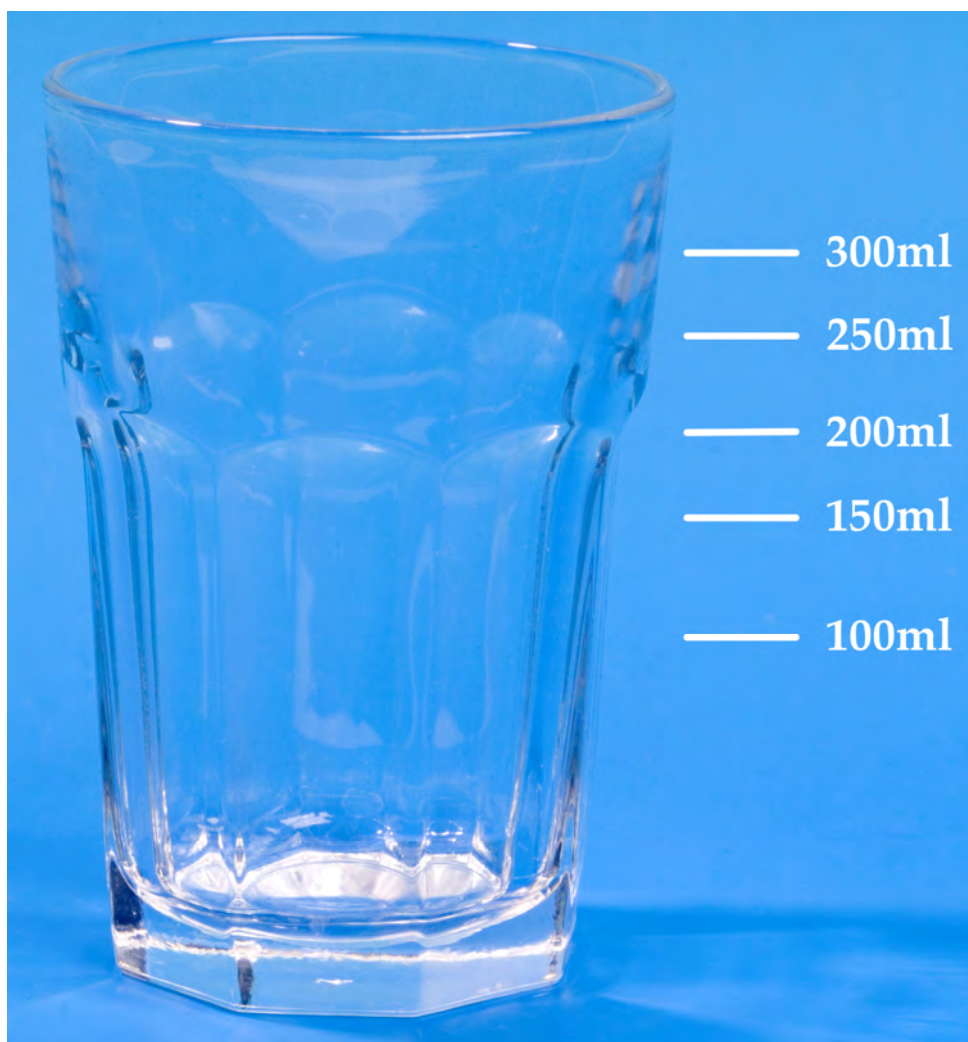
Spoon size does matter!!!! When describing amounts check the spoons you use with the life size pictures at the back of this diary

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</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? With whom? TV on? Table?	What	Brand Name	Amount eaten
<i>How to describe what you had and how much you had can be found on pages 12-17</i>				
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				
<i>12 noon to 2pm</i>				

Day 1	Day:	Date:		
Time	where? with whom? TV on? 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

1

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? with whom? TV on? Table?	What	Brand Name	Amount eaten
<i>How to describe what you had and how much you had can be found on pages 12-17</i>				
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				
<i>12 noon to 2pm</i>				

Day 2	Day:	Date:		
Time	where? with whom? TV on? 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? with whom? TV on? Table?	What	Brand Name	Amount eaten
<i>How to describe what you had and how much you had can be found on pages 12-17</i>				
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				
<i>12 noon to 2pm</i>				

Day 3	Day:	Date:		
Time	where? with whom? TV on? 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? With whom? TV on? Table?	what	Brand Name	Amount eaten
<i>How to describe what you had and how much you had can be found on pages 12-17</i>				
<i>6am to 9am</i>				
<i>9am to 12 noon</i>				
<i>12 noon to 2pm</i>				

Day 4	Day:	Date:		
Time	where? with whom? TV on? 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

11

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
<div>Brief description of cooking method</div>			

General Questions about your food/ drink during the recording period.

Special diet

1. Did you follow a special diet during the recording period (e.g. vegetarian, weight reducing)?

Yes ☐

Please tell us about it

No ☐

Milk

2. Which type of milk did you use most often during the recording period?

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 during the recording period?

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. Which butter, margarine or fat spread did you use most often during the recording period? Please record the full product name and fat content e.g. *Flora Omega 3 plus, low fat spread, 38% fat, polyunsaturated*

Name:

None

☐

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

Thick

☐

Medium

☐

Thin

☐

None

☐

14. Which cooking fat/oil did your household use most often over the recording period? Please record the full product name.
e.g. *Sainsbury's sunflower oil*

Name:

None

☐

Bread

15. Which type of bread did you eat most often during the recording period?

White

☐

Granary

☐

Wholemeal

☐

Brown

☐

50/50 bread e.g.

☐

Other

☐

Hovis Best of Both

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

☐

Unliced

☐

N/A

☐

Meat

18. If you ate red meat during the recording period, did you eat the visible fat?

Always ☐ Sometimes ☐ Never ☐ Did not eat meat ☐

19. If you ate poultry (e.g. chicken, turkey) during the recording period, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat poultry ☐

Fruit and vegetables

20. If you ate apples during the recording period, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

21. If you ate pears during the recording period, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

22. If you ate new potatoes during the recording period, did you eat the skin?

Always ☐ Sometimes ☐ Never ☐ Did not eat ☐

23. If you ate baked/jacket potatoes during the recording period, 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 during the recording period?

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

27. Which squash did you use most often during the recording period? 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 during the recording period?

Tap ☐ Filtered ☐ Bottled ☐ *brand* Did not drink ☐

Thank you for completing this diary.

