



Food Diary

Keeping track of everything you eat and drink for a few days can be a helpful tool for you to understand your normal eating habits. You can include as much detail as you like, but it is important to remember to include all your food and drink (regardless of how small!) to get a realistic interpretation of your diet! Below is an example of what a day in a general food diary might look like and there are also various apps that are great for doing this electronically.

Day	Time	Food	Amount	Mood
Monday	7:30am	Oats Semi Skimmed Milk Honey Blueberries Black coffee	50g 100ml 1 teaspoon 50g 300ml	Feeling hungry
	10:00am	Banana Green tea	1 large 250ml	A little stressed
	1:00pm	Heinz tomato soup Wholemeal roll	454ml 150g	A little tired
	4:00pm	Chocolate flapjack Green tea	350g 250ml	Low on energy
	7:30pm	Chicken breast Brown Rice Mixed Vegetables Green tea	300g 75g 200g 250ml	Relaxed