

Name: \_\_\_\_\_

## Hamilton Family Health Team

### Daily Food Diary

This daily food diary is needed to help you get the most out of your appointment with the Dietitian. It is important for the Dietitian to have as much information as possible about what you are eating and drinking. Your food diary will help the Dietitian give you advice about your diet. This means that the records must be as complete and accurate as you can make them.

#### WHAT TO DO:

Please keep your diary for 2 weekdays and 1 weekend day.

#### Example:

<i>Tossed Salad -</i>	
<i>lettuce</i>	<i>1 cup</i>
<i>tomato</i>	<i>1/2 cup</i>
<i>cucumber</i>	<i>4 slices</i>
<i>radishes</i>	<i>2</i>
<i>cheddar cheese</i>	<i>1 oz</i>
<i>Kraft</i>	
<i>Calorie Wise ranch</i>	<i>3 Tbsp</i>
<i>dressing</i>	

Every time you eat or drink, write down the food or beverage and the amount that you ate. If you know the brand name of the food or beverage, write it down too.

Write down the cooking method used to prepare the food. When you add salt to your food, make a note of it in your diary.

When you eat a mixed food, such as a sandwich, salad or stew, write down all the ingredients in the food.

When you use condiments, such as ketchup, pickles and sauces, make sure that you include these items in your diary.

**Remember to record all the meals, snacks, coffee breaks, water, alcohol and treats.**

**This diary is to be brought to your appointment with the Registered Dietitian.**

NAME:			DATE:
	<b>Day 2</b>		
TIME	FOOD OR DRINK	AMOUNT	COMMENTS/EXERCISE
<b>Breakfast</b>			
Time:			
<b>Snack</b>			
Time:			
<b>Lunch</b>			
Time:			
<b>Snack</b>			
Time:			
<b>Supper</b>			
Time:			
<b>Snack</b>			
Time:			

NAME:				DATE:
<b>Day 1</b>				
TIME	FOOD OR DRINK	AMOUNT	COMMENTS/EXERCISE	
<b>Breakfast</b>				
Time:				
<b>Snack</b>				
Time:				
<b>Lunch</b>				
Time:				
<b>Snack</b>				
Time:				
<b>Supper</b>				
Time:				
<b>Snack</b>				
Time:				

NAME:			DATE:
	<b>Day 3</b>		
TIME	FOOD OR DRINK	AMOUNT	COMMENTS/EXERCISE
<b>Breakfast</b>			
Time:			
<b>Snack</b>			
Time:			
<b>Lunch</b>			
Time:			
<b>Snack</b>			
Time:			
<b>Supper</b>			
Time:			
<b>Snack</b>			
Time:			