

DAY 1

Today is: _____ Today's date is: ____/____/2001 Are you well today? Yes/No (circle)

Tick the box next to the food or drink you have eaten. Tick the box each time you eat the food for each serving eaten.

TYPE OF FOOD OR DRINK	SERVING SIZE	TICK WHEN EATEN	OTHER SERVING
CEREALS			
Porridge: made from oats/cornmeal, Ready Brek	1 bowl		
Bran cereal eg All Bran, Bran flakes	1 bowl		
Wheat cereal/ Muesli eg Weetabix, Shredded wheat, Alpen	1 bowl		
Other cereal eg Cornflakes, Rice Krispies, Sugar puffs	1 bowl		
BREAD & SAVOURY BISCUITS			
White bread and rolls/ Hard dough bread	1 slice / roll		
Brown/wholemeal/ granary bread and rolls	1 slice / roll		
Other breads eg Naan, Paratha, Chappati, Papadum, Puri, Pitta	1 bread		
Scones, malt loaf, currant bread, sweet bun	1 scone / slice / bun		
Crispbread eg Ryvita	1 crispbread		
Cream cracker, cheese biscuit	1 cracker / biscuit		
DAIRY PRODUCTS (spreads, cream, yogurt, eggs)			
Butter	1 teaspoon		
Ghee	1 teaspoon		
Hard block margarine (eg Stork)	1 teaspoon		
Soft margarine (eg Flora)	1 teaspoon		
Low fat/ very low fat spread eg Flora light	1 teaspoon		
Cream	1 tablespoon		
Natural yogurt	1 small pot		
Flavoured or fruit yogurt, fromage frais	1 small pot		
Hard cheese eg Cheddar, Paneer	1 small matchbox		
Soft cheese, Cream cheese eg Brie, Philadelphia	1 small matchbox		
Cottage cheese, Cheese spread eg Dairylea	1 dessertspoon		
Boiled, poached egg	1 egg		
Fried egg, Scrambled egg, Omelette	1 egg		
JAMS/SAVOURY SPREADS			
Jam, Marmalade, honey	1 teaspoon		
Marmite, Bovril, Vegemite	1 teaspoon		
Other spreads eg peanut butter, chocolate spread, pate	1 teaspoon		
MEAT & MEAT SUBSTITUTES			
Meat: Roast eg beef, pork, lamb	1 slice		
Meat: Chops eg beef, pork, lamb	1 chop		
Meat: Stew/ Casserole eg beef, pork, lamb	1 tablespoon		
Meat: Mince eg beef, pork, lamb	1 tablespoon		
Beefburger	1 medium burger		
Sausages	1 medium sausage		
Kebab/ Doner	1 kebab		
Chicken/ Turkey: roast, casserole, stew, in sauce	1 tablespoon / slice		
Chicken/ Turkey: nuggets/fried in coating	1 nugget / piece		
Bacon, Ham	1 rasher / slice		
Corned beef, spam, salami	1 slice		
Other meats eg liver, kidney	1 tablespoon		
Tofu/ Soya/ TVP/ Quorn	1 tablespoon		
Vegebunger or vegesausage	1 burger / sausage		

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PULSES			
Baked beans	1 tablespoon		
Black eye beans, butter beans, kidney beans, chickpeas	1 tablespoon		
Lentils:red/ green	1 tablespoon		
FISH			
White fish (no batter) eg cod, haddock	1 medium fillet		
Oily fish eg tuna, salmon, sardines, mackerel, kippers, trout	1 medium serving		
Fish: fried in batter or crumbs	1 medium fillet		
Fish fingers, fish cakes	1 finger or cake		
Shellfish: eg prawns, crab	1 tablespoon		
Other fish eg snapper/malabar, saltfish/salted cod, shutki	1 medium fillet		
POTATOES/RICE/PASTA/YAM			
Potatoes: boiled, mashed, jacket	1 egg sized / scoop		
Potato: roast, fried	1 egg sized potato		
Chips: oven or chip shop [see table at back]	1 portion		
Yam, Cassava, Breadfruit	1 tablespoon		
Sweet potatoes	1 sweet potato		
Rice: White or plain rice	1 tablespoon		
Rice: Brown/red	1 tablespoon		
Pasta/ Noodles/ Spaghetti: White/ green/ red	1 tablespoon		
Pasta/ Noodles/ Spaghetti: Wholemeal	1 tablespoon		
Tinned Spaghetti in tomato sauce	1 tablespoon		
Other eg Cous Cous, Pot noodle, Pot rice	1 tablespoon		
VEGETABLES			
Carrots	1 tablespoon		
Broccoli, cauliflower	1 tablespoon		
Green peas	1 tablespoon		
Green/ Broad/ Runner beans	1 tablespoon		
Spinach, kale, cabbage	1 tablespoon		
Marrow, courgette, leeks	1 tablespoon		
Root Vegetables eg Parsnip, turnip, swede	1 tablespoon		
Pumpkin, Squash	1 tablespoon		
Onions	1 onion		
Plantain/ unripe/ green banana	1 tablespoon		
Sweetcorn	1 tablespoon / ¼ cob		
Mushrooms	1 tablespoon		
Avocado	half avocado		
Peppers (green, red, yellow, orange)	1 tablespoon		
Tomatoes: fresh or tinned	1 tomato / ⅛ can		
Salad greens eg lettuce, cucumber, celery	1 tablespoon		
Mixed vegetables: Frozen or tinned	1 tablespoon		
Okra, Ackee, Karella	1 tablespoon		
Other vegetables eg Callaloo, Cho Cho, Aubergine	1 tablespoon		
SOUPS			
Vegetable based soup eg carrot	1 bowl / mug		
Pulse based soup eg lentil	1 bowl / mug		
Meat based soup eg chicken, oxtail	1 bowl / mug		

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SAVOURY SAUCES/DRESSINGS			
Pasta/Rice sauce: Meat based eg Bolognaise	1 tablespoon		
Pasta/Rice sauce: Vegetable based eg Tomato	1 tablespoon		
Tomato ketchup/brown sauce	1 teaspoon		
Pickle/chutney	1 teaspoon		
Sauces eg gravy	1 tablespoon		
Mayonnaise, salad cream, dressing	1 tablespoon		
SAVOURY DISHES / TAKEAWAYS			
Pizza	1 small pizza/piece		
Quiche	1 medium slice		
Lasagne	1 tablespoon		
Chilli Con Carni	1 tablespoon		
Macaroni cheese	1 tablespoon		
Cauliflower cheese	1 tablespoon		
Savoury pie eg pork pie, sausage roll, pattie	1 medium pie/ pattie		
Samosas	1 samosa		
Yorkshire pudding/Fried dumpling	1 pudding / slice		
Nut roast, other nut dishes	1 tablespoon / slice		
Cottage/Shepherds pie	1 tablespoon		
Fish pie with pastry or potato	1 tablespoon		
Curry: Meat eg beef, lamb, chicken	1 tablespoon		
Curry: Fish	1 tablespoon		
Curry: Vegetable	1 tablespoon		
Dhal	1 tablespoon		
Paratha: stuffed	1 paratha		
Bhaji: onion, meat, vegetable, potato	1 bhaji		
Dishes with rice and peas eg kidney / black eyed beans	1 tablespoon		
Other rice dishes (Pilau, Risotto, Paella)	1 tablespoon		
Stir fry vegetables (with meat)	1 tablespoon		
Stir fry vegetables (no meat)	1 tablespoon		
Packet sandwiches bought out [see table at back]	1 packet		
Takeaway Chinese/ Indian/ Other [see table at back]	1 portion		
SAVOURY SNACKS			
Crisps	1 small packet		
Packet snacks eg twiglets, pretzels, bombay mix	1 small packet		
Nuts/seeds eg peanuts, sunflower seeds, nuts & raisins	1 tablespoon		
FRUIT			
Apples/Pears	1 apple or pear		
Oranges/satsuma/grapefruit	1orange/ ½grapefruit		
Banana: ripe	1 banana		
Grapes, melon, kiwi	1 bunch/ piece/ kiwi		
Plums, peaches, nectarines	1plum/peach/nectarine		
Other fruit eg mango, pineapple	1 piece or slice		
Fruit salad (tinned or fresh)	1 bowl		
Dried fruit eg apricots, raisins	1 tablespoon		

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DESSERTS			
Fruit cake	1 slice/ 1 individual		
Sponge cake, muffin, sponge pudding	1 slice / 1 individual		
Donuts, pastries, bun eg Danish pastry, iced bun	1 bun / pastry		
Pancakes, waffles	1 pancake / waffle		
Fruit pie, fruit tart, fruit crumble	1 slice / 1 individual		
Milk pudding eg rice pudding, blancmange, custard, trifle	1 bowl		
Jelly	1 bowl		
Ice cream	1 bowl		
BISCUITS AND CONFECTIONERY			
Sweets, toffees, mints	1 sweet / toffee		
Chocolate: milk/plain/white snack bar eg mars, kit kat	1 snack sized bar		
Cereal bar, flapjack, fruit bar	1 snack sized bar		
Biscuits: chocolate or plain eg digestive	1 biscuit		
Biscuits: sandwich or cream filled	1 biscuit		
Ice lolly (not ice cream based)	1 ice lolly		
DRINKS			
Water: bottled/tap	1 medium glass		
Orange juice (pure fruit juice)	1 medium glass		
Other fruit juice (pure eg apple)	1 medium glass		
Other juice drinks eg Sunny delight	1 medium glass		
Fizzy drinks eg Coke, Tango, Lemonade	1 can / glass		
Energy drink eg Red Bull, Lucazade	1 can / glass		
Ribena or other squash with added Vitamin C	1 medium glass		
Orange squash and other fruit squashes eg Lemon Barley	1 medium glass		
Milk	1 medium glass		
Tea (Indian, Chinese, Green)	1 mug		
Fruit / Herbal or bush tea	1 mug		
Coffee: Fresh or Instant	1 mug		
Hot chocolate, Cocoa, Horlicks, Ovaltine	1 mug		
Nutriment, Nurishment	1 medium glass		
Fruit punch	1 medium glass		
Beer, Lager, Cider	1 can / half pint		
Red /White wine	1 wine glass(125ml)		
Spirits eg Vodka, gin, whisky	1 measure (25ml)		
Strong wines/Liqueurs eg sherry, port	1 measure (25ml)		
Alco pops eg Hooch	1 bottle		
SUPPLEMENTS			
Vitamin and/or mineral supplement eg Vitamin C, Iron	1 tablet/ teaspoon		
Other supplement eg Cod Liver Oil, Evening Primrose Oil	1 tablet/ teaspoon		

OTHER FOODS

Please list any other food or drink that you consumed today which was not on the list on the next page.

