

3 DAY DIET DIARY

Complete this food diary over a typical three (or more) day period. If you would like your diet assessed, call Belinda Kirkpatrick on 9555 8806 for an appointment.

Please include as much details as possible eg. Type of bread used on sandwiches, whether food is packaged, takeaway or fresh, any dressings or oils used in cooking, any drinks etc....

DAY 1	DAY 2	DAY 3
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
<u>Morning snack</u>	<u>Morning snack</u>	<u>Morning snack</u>
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
<u>Afternoon snacks</u>	<u>Afternoon snacks</u>	<u>Afternoon snacks</u>
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
<u>Other snacks</u>	<u>Other snacks</u>	<u>Other snacks</u>

Water Intake per day –

Coffee/teas per day –

Alcohol per day -