

Hanna Raymond

3-DAY FOOD DIARY

Guidelines:

Please keep a detailed record of everything that you consume within a 24 hour period over 3 days. This should capture everything so not only your meals but all snacks/nibbles of any description. Please also include all drinks (including alcohol), butter, jam, cook-in sauces etc. plus milk in tea, coffee and cereals. Don't forget to include any meals out, takeaways/fast-food.

The purpose of this diary is initially for us to have visibility of and track calories. All rather tedious I know but the more accurate you can make it, the better the nutrition plan can become because only then can we learn the source of all calories or macronutrients. No judgement, I promise, so please do be completely honest or it's not worthwhile.

The more accurate the data you provide me is the less frequently you will need to re-do this exercise so it's worth taking the time to do it thoroughly.

The days chosen need not be consecutive but should be as representative as possible of what you eat. Please be sure that you include any days when your eating habits are noticeably different e.g.:

- If weekdays are all similar and weekends are similar but different to weekdays - please record what you eat on two weekdays of your choice plus a weekend day
- If weekdays are similar, you go out on Saturdays and eat a large lunch on Sunday – please record what you eat on one weekday of your choice, plus Saturday & Sunday
- If Mondays, Wednesdays & Fridays are training/exercise days, Saturdays you eat out and Tuesdays, Thursdays & Sundays are the same – please record one training day, Saturday, and one day chosen from Tuesday, Thursday or Sunday

USEFUL TIPS:

- For items of food that are eaten in relatively small quantities, you may find it easier to enter the quantity (and calories) just once to cover all three days. For example, rather than record a third of a small packet of brazil nuts for each of the three days, just record a small packet of brazil nuts once and take the weight and calories straight from the packet
- Try to fill in the form as you go during the day. The longer you leave it to record everything the more likely it is that items are forgotten and get missed off
- The form has been designed to record one day's consumption per page. I've provided a sample form to give you an idea how to fill it in. In this example, you'll see that I've used kilo calories (kcal) which is the unit that nutritionists use. If you are aware of the calorie count please include it

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Name:	<i>An Example</i>			
Day:	<i>Wednesday – a typical training day</i>		Day N°	<i>1 of 3</i>
Time	Quantity	Consumed	Calorie info	Notes
<i>7am</i>	<i>45g</i>	<i>Shreddies cereal</i>	<i>359kcal per 100g</i>	<i>per label</i>
	<i>70g</i>	<i>Dried mixed fruit</i>	<i>309kcal per 100g</i>	<i>per label</i>
	<i>1</i>	<i>Banana (medium)</i>	<i>105kcal</i>	<i>Internet</i>
<i>1pm</i>	<i>1</i>	<i>Farmed salmon fillet</i>	<i>170kcal</i>	<i>per label</i>
	<i>35g</i>	<i>Petit pois</i>	<i>68kcal per 100g</i>	<i>per label</i>
	<i>70g</i>	<i>Broccoli</i>	<i>35kcal per 100g</i>	<i>per label</i>
<i>7pm</i>	<i>250g</i>	<i>Minced beef 5% fat</i>	<i>132kcal per 100g</i>	<i>per label</i>
	<i>95g</i>	<i>Spaghetti</i>	<i>358kcal per 100g</i>	<i>per label</i>
	<i>35g</i>	<i>Salad</i>	<i>26kcal per 100g</i>	<i>per label</i>
	<i>175g</i>	<i>Napolina Bolognese sauce</i>	<i>111kcal</i>	<i>per label</i>
	<i>150g</i>	<i>Tim's Bio Live yogurt</i>	<i>151kcal per 100g</i>	<i>per label</i>
	<i>50g</i>	<i>Blueberries</i>	<i>57kcal per 100g</i>	<i>per label</i>
<i>Whole day</i>	<i>500ml</i>	<i>Semi-skimmed milk</i>	<i>188kcal</i>	<i>Internet</i>
	<i>3</i>	<i>Medjool Dates</i>	<i>298kcal</i>	<i>per label</i>
	<i>330ml</i>	<i>Lager</i>	<i>150kcal</i>	<i>per label</i>
	<i>330ml</i>	<i>Sanpellegrino orange</i>	<i>73 kcal</i>	<i>per label</i>
	<i>500ml</i>	<i>M&S Kefir milk</i>	<i>290kcal</i>	<i>per label</i>
	<i>60g</i>	<i>BSN Whey Protein</i>	<i>398kcal per 100g</i>	<i>per label</i>
	<i>1 litre</i>	<i>Water</i>	<i>0kcal</i>	<i>per label</i>

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Name:			
Day:		Day N°	
Time	Quantity	Description	Notes