

CONFIDENTIAL

Study No.

FOOD DIARY

Please complete:

Date of birth

 / /

Please enter '**M**' if you are Male or '**F**' if you are Female:

INTRODUCTION

We would like you to keep this diary of everything you eat and drink over the next seven days.

Completing this diary carefully will take you some time, but is a very important part of the study.

It is very important that you do not adjust what you eat and drink just because you are keeping a record. Please continue to eat whatever you would eat normally.

Please provide us with as much detail as you possibly can.

Thank you

GENERAL INSTRUCTIONS

1. As you will see, each day is marked in sections, beginning with first thing in the morning and ending with bedtime. For each part of the day:
 - Write down all food and drink consumed, the amounts and a description.
 - If nothing is eaten or drunk, draw a line through that section.
 - At the end of each day there is a list of snacks and drinks that can easily be forgotten. Please write any extra items in here if you have not already recorded them in some other part of the day.
 - If you prepare a recipe, please write it in the recipe box provided at the end of each day.
2. Please try to record everything at the time of eating, not from memory at the end of the day.
3. Please read pages 3-8 for help in describing the foods and drinks you have eaten. Pages 9-15 include a range of photographs and page 16 shows an example of part of a completed diary.
4. Give **brand and full name** of products from packaging. Many commercial foods have **weights** printed on them, so please use these to show how much you ate.
5. Please answer the questions at the back of the diary (pages 45-48), **after** you have completed the seven days.

DETAILED INSTRUCTIONS

The following section is a list of popular foods and drinks. Next to each item is the sort of thing we need to know so that we can tell what it is made of and how much you had. This list cannot cover all foods and drinks, so if anything that you have eaten is missing try to relate it to a similar item. Please give as much detail as you can. For an example of how you might describe foods you have eaten see page 16.

Please try to state what sort of oil or fat was used for baking, frying etc.

State clearly whether spread was used on crackers and biscuits as well as on bread, rolls, toast and in sandwiches.

Food/Drink	Description & Preparation	Amount
Homemade dishes	Describe as fully as possible, include name of dish; give recipe or ingredients, including amounts if known	Tablespoons One of the suitable photos
Ready-made meals	Give name of dish as described on pack with brand, describe main ingredients and enclose label e.g. beef lasagne, deep pan pizza, fish pie etc.	Weight from packet including proportion of pack eaten (all or half?) Tablespoons; one of the suitable photos
Meals eaten away from home or take-away meals	Please describe all dishes and give main ingredients e.g. lamb tikka masala and pilau rice, other Indian and oriental dishes, fish and chips, burgers, pizza etc.	Proportion of takeaway or restaurant carton Describe meal size and dimensions where appropriate Tablespoons; one of the suitable photos
BEVERAGES		
<i>Alcoholic drinks e.g. beer, lager, cider, sherry, wine, spirits and liqueurs</i>	Describe type and give alcohol content especially for beers, lagers and wines	Number of pints Number and size of cans, bottles or glasses Number of measures Volume (fl oz. or ml.)
<i>Fruit juice Fruit drinks Soft drinks</i>	Without added sugar With added sugar Brand name, regular or diet or low calorie	Glasses, cartons, cans or bottles with volume
<i>Coffee</i>	Instant or ground; decaffeinated or caffeinated; with milk or sugar	Cups or mugs Volume if available

<i>Tea</i>	Tea leaves or tea bag, with milk or sugar. If instant: black or white, sweetened or not	Cups or mugs Volume if available
<i>Milk based or hot chocolate type drinks</i>	Name or type of drink; regular, reduced fat or low sugar Type of milk used	Cups or mugs Volume if available
<i>Water</i>	Tap, bottled or filtered	Glass, tumbler; volume
BISCUITS / CRACKERS		
<i>Sweet biscuits</i>	Brand and full product name plus description e.g. sandwich, wafer, chocolate half-coated, full-coated, cream-filled Ingredients if homemade	Number of biscuits and size
<i>Crackers, crisp bread, savoury biscuits</i>	Brand and full product name plus description e.g. Carr's water biscuits, Original Ryvita, Jacob's Choicegrain	Number of crackers and size
BREAD		
<i>Bread</i>	White, brown, granary, wholemeal, containing seeds, ciabatta, focaccia, French type, baguette. Was the loaf pre-sliced or hand-cut?	Size of loaf: large or small Thickness of slice Number of slices
<i>Rolls or buns</i>	Describe rolls: crusty, soft, baps, petit pain, finger	Size of rolls and number
<i>Sandwiches</i>	Remember to describe type and amount of spread and filling	Number of rolls or slices of bread
BREAKFAST CEREALS		
<i>Breakfast cereal</i>	Brand and full name e.g. Jordan's Natural Muesli, Sainsbury's Malties <i>Remember to describe milk and sugar added separately</i>	Photo 1 Tablespoons Milk on cereal: large, medium or small amount
<i>Porridge or Ready Brek</i>	Porridge oats or Ready Brek Type of milk used to make it or was water used? <i>Remember to describe milk and sugar added separately</i>	Photo 1 Amounts of ingredients
<i>Bran: wheatbran wheatgerm oatgerm and bran</i>	Added separately to breakfast cereal or mixed with other foods such as porridge. Please describe type and brand	Dessertspoons or tablespoons

BUTTER, MARGARINES, FATS & OILS		
<i>Butter, spreads or margarines</i>	Please give specific brand, full name as described on packaging plus the percentage (%) fat if known	Photo 18 for spread on bread or rolls For crackers and biscuits describe thickness of spread
<i>Oils</i>	Describe type of oil used in cooking or dressings e.g. corn, olive, sunflower	Tablespoons
CAKES		
<i>Cakes, scones and sweet buns, pies and pastries</i>	<i>Homemade</i> – describe ingredients and recipe <i>Commercial</i> – give brand and product name with description Does cake contain filling e.g. whipped cream, butter icing or have a coating or covering? Are pies made with pastry top and bottom?	Proportion of whole cake or pie Size of slice or individual cake Photos 15 and 16 for cake Photo 3 for pies or flans
	<i>Are scones or cakes spread with butter, margarine and/or jam?</i>	How many whole scones or halves?
CHEESE		
<i>Hard cheese (includes Brie, Danish Blue etc.)</i>	Specify type e.g. Cheddar, Wensleydale, Brie	Photo 2 (amount eaten is equal to the slice OR the chunk OR the grated cheese) Number and size of slices or chunks
<i>Philadelphia type soft cheese or cheese spread</i>	Regular or reduced fat cheese Specify brand and fat content	Thick or thin spread Teaspoons
DESSERT/PUDDINGS		
<i>Puddings</i>	Describe type and ingredients e.g. apple crumble, raspberry cheesecake with biscuit base, dairy cream trifle with banana <i>Served with custard, ice cream, cream or yogurt? (see milk)</i>	Photo 17; tablespoons Size of slice; weight of carton for commercial items Photo 3 for pies or flans
EGGS		
<i>Eggs and egg dishes</i>	Boiled, poached, fried, scrambled, omelette plus topping or other ingredients Was fat or oil used in cooking? Give type of fat or oil used	Size of eggs Number of eggs consumed

FISH		
<i>Fish and fish dishes</i>	Type of fish; fresh, frozen or canned, cooking method; from fish and chip shop, homemade or commercial; battered or breadcrumb	Weight (with or without bones/skin?); size of whole or piece of fish Photo 6
FRUIT		
<i>Fruit</i>	Type of fruit; fresh (was skin eaten or not?), frozen, dried; stewed with or without sugar Canned in syrup or juice	Number of whole fruits Tablespoons; weight (with or without skin) Weight of can
MEAT		
<i>Ham, salami Cold meats Roast meats</i>	Type Cut from joint or pre-sliced	Weight; number and size or thickness of slices Photo 4
<i>Bacon</i>	Back, middle, streaky; unsmoked or smoked Rashers or chops	Number of rashers or chops Weight (raw or cooked)
<i>Gammon</i>	Steaks, rashers or cut from joint	Weight (raw or cooked) Number and size
<i>Sausages</i>	Type, cooking method	Number and size
<i>Chops and steaks</i>	Type and cut, cooking method Was the fat eaten?	Number and size Weight (raw or cooked)
<i>Meat dishes</i>	Recipe or brand and product name with ingredients	Photo 5, 19, or 20 Tablespoons; pack weight
MILK/DAIRY		
<i>Milk</i>	Whole, semi-skimmed or skimmed; percentage (%) fat if known Pasteurised, UHT or sterilised	Tablespoons Volume in fl oz. or ml.
<i>Powdered milk</i>	Dried skimmed milk or with added vegetable fat	Teaspoons; volume of made up milk
<i>Coffee or tea creamer or whitener</i>	Brand and product name e.g. Coffeemate Please state if powder or liquid	Teaspoons Individual cartons or sachets
<i>Cream</i>	Single, whipping or double; dairy or non-dairy; regular or reduced fat Liquid, whipped or aerosol	Tablespoons Volume
<i>Yogurt and fromage frais</i>	Brand and specific product name or description, fat content as on carton	Tablespoons; size of carton (g. or ml.)
<i>Ice cream</i>	Brand and product name; regular, reduced fat or made with cream	Scoops Tablespoons
<i>Non-dairy milk</i>	Soya, oat or rice milk; brand; product description; fortified with calcium; sweetened?	Tablespoons Volume

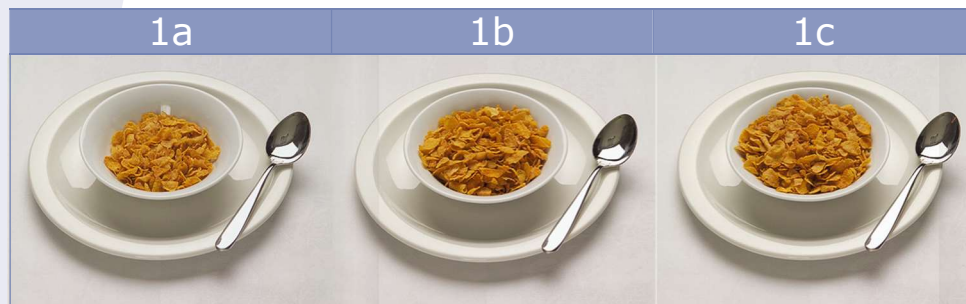
PASTA		
<i>Pasta and spaghetti incl. fi pasta</i>	Dried or fresh pasta; white or wholemeal; describe type e.g. fusilli or tagliatelle Filled pasta e.g. Tortelloni with spinach and ricotta	Weight (raw or cooked) Photo 9 Proportion of packet weight
<i>Pasta dishes</i>	Lasagne, cannelloni or pasta bakes; give recipe and ingredients for homemade; brand, product name and description for commercial	Photo 20 Packet weight
<i>Pasta sauce</i>	Describe sauce type and ingredients	Tablespoons Volume or weight of commercial product
RICE		
<i>Rice</i>	White or brown, long grain or basmati	Photo 8 Weight (raw or cooked)
<i>Rice dishes</i>	Give recipe and ingredients for homemade; brand, product name and description for commercial	Photo 8; tablespoons Packet weight and proportion eaten
SAUCES & SOUPS		
<i>Sauces and ketchups including dips</i>	Describe brand and product name or recipe and ingredients	Tablespoon or teaspoons Volume or weight of commercial product
<i>Soups</i>	Describe type and ingredients Is soup homemade, canned, condensed, dried packet, instant, fresh/carton or low calorie?	Bowls, cups or mugs Volume in fl oz. or ml. Weight of can and proportion eaten
<i>Gravy</i>	Describe brand and product name or recipe and ingredients Made with cornflour, bisto powder, granules; with or without added meat juices, stock or vegetable juice	Tablespoons Volume in ml. or fl oz.
<i>Dressings</i>	Type and ingredients; brand and product name; regular, reduced fat or fat free	Tablespoons or teaspoons
<i>Mayonnaise</i>	Regular or reduced fat	Tablespoons etc.
SAVOURY DISHES		
<i>Pies, flans and quiches</i> <i>Pizza</i> <i>Pancakes</i> <i>Sausage rolls</i> <i>Filled tortillas or burritos</i>	Describe dish and ingredients, brand and product name	Product weight and proportion eaten Number of slices or individual items eaten

SAVOURY SNACKS		
<i>Crisps and snacks</i> <i>Nuts</i>	Brand name and description Type; fresh or roasted; salted or unsalted	Weight of packet Number of items eaten
SPREADS & CONDIMENTS		
<i>Jams, other preserves and spreads</i>	Brand name and type of spread Jam, honey, marmalade Peanut butter, other nut butters Chocolate spread Marmite and savoury spread	Thin, medium or thick spread
<i>Salt, pepper, mustard</i>	Describe type	Sprinkle; teaspoons
SUGARS & CONFECTIONERY		
<i>Sweets and chocolate</i>	Describe type and brand	Weight; number of pieces, whole bars or individual sweets
<i>Sugars and sweeteners</i>	Type of sugar Brand and type of sweetener	Teaspoons Tablets or spoons
VEGETABLES (including herbs)		
<i>Vegetables and salad including lentils, beans and baked beans</i>	Type of vegetables; fresh, frozen or canned; cooking method or raw If roasted was fat added? Was butter, sauce or dressing added?	Photo 12,13 or 14 Number of whole vegetables Tablespoons
<i>Vegetable dishes including dishes with potato, beans, lentils or pulses</i>	Recipe or brand and product name with ingredients	Photo 5 or 20 Weight of commercial dish
<i>Potatoes</i>	Boiled; roasted with or without fat; fried; sautéed; mashed with or without added fat or milk	Photo 10 or 11
<i>Chips</i>	Homemade; commercial e.g. oven chips; takeaway Size and cut of chip	Photo 7
<i>Herbs and spices</i>	Fresh or dried	Teaspoons or other spoons; leaves; sprigs
VEGETARIAN		
<i>Vegetarian products and dishes with Quorn, soya or TVP or tofu</i>	Describe dish or product and ingredients, brand and product name e.g. Quorn sausages, Vegetable stir-fry with tofu	Weight from packaging Number of items Number of slices of meat substitute Photo 5 Tablespoons

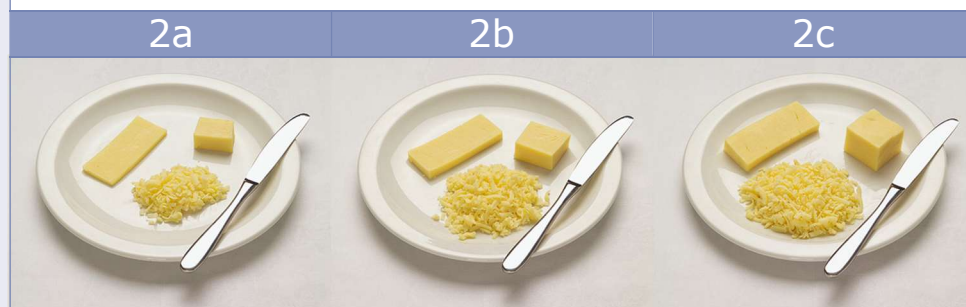
Please choose an appropriate photo to indicate the portion size you have eaten. To help you make this choice, there are some notes below the photos. Write down the picture number and size nearest to your own helping e.g. 2a, 3b or 1c.

The large white circle in the background shows the actual size of the 10" dinner plates used in the photos. Items such as the cake are photographed on a 7" tea plate.

Refer to the detailed instructions on pages 3 - 8 where * is indicated.



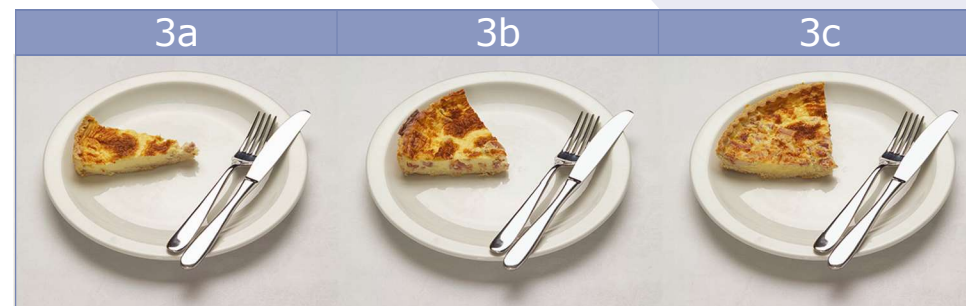
Suitable for - Corn flakes and other breakfast cereals



Suitable for - Cheese

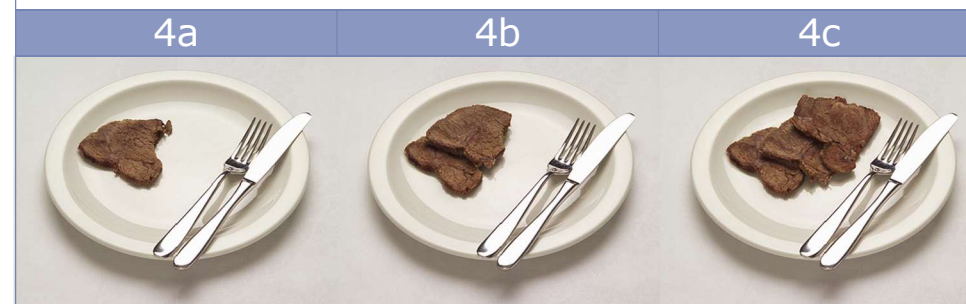
Not for - Butter, margarines and spreads (see photo 18)

PLEASE NOTE: When choosing one of the photos above, the amount you eat is equal to either the slice **OR** the chunk **OR** the grated cheese on one plate



Suitable for - Quiches, flans, savoury or sweet pies and pizza

Not for - Cakes (see photos 15 and 16)



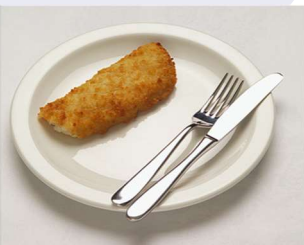
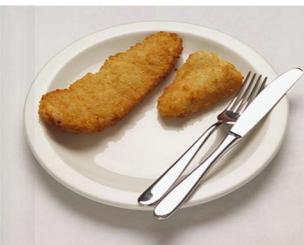
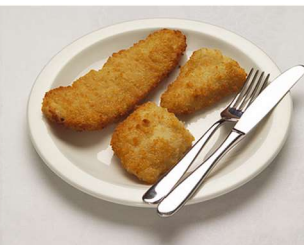
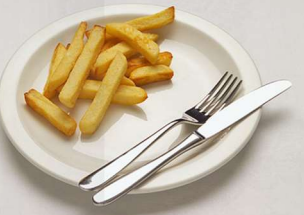


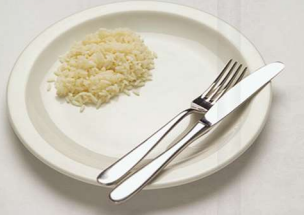


Suitable for - Hot or cold sliced meats, e.g. roast meat, ham or gammon

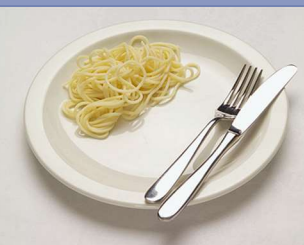
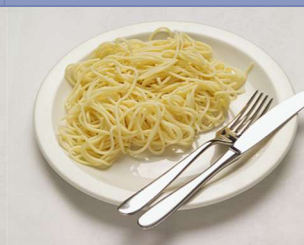
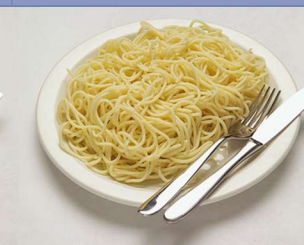
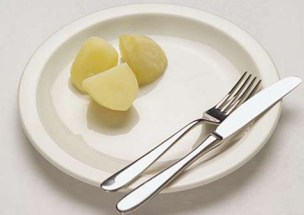
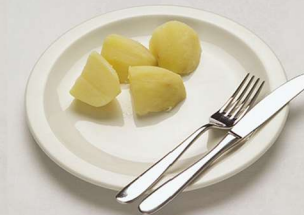
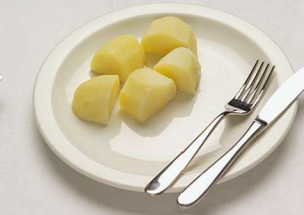
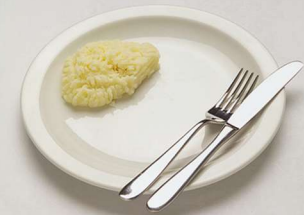
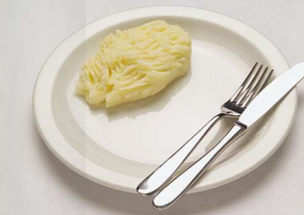
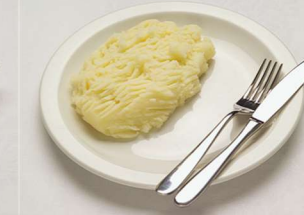
Not for - Chops, steaks or bacon rashers *



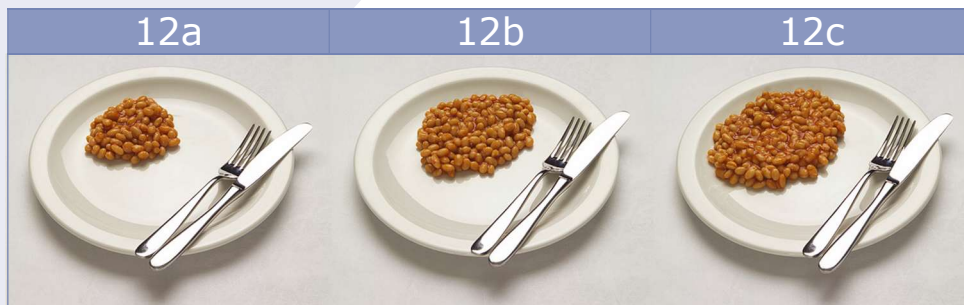
Suitable for - Vegetable stews or meat stews and casseroles WITH vegetables, also bolognaise sauce

Not for - Meat stews WITHOUT vegetables (see photo 19)

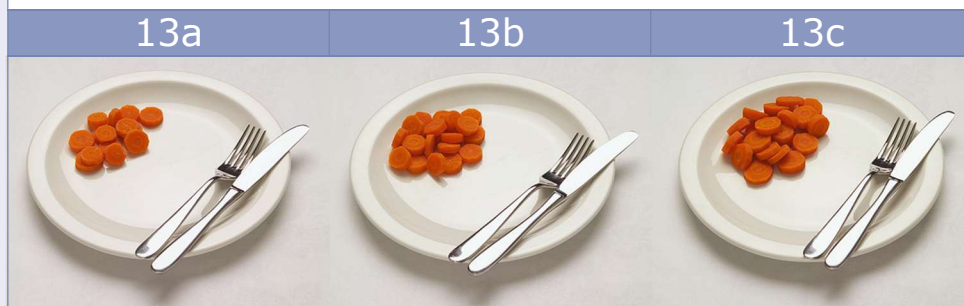
6a	6b	6c
		
<p>Suitable for - Fish including fish in breadcrumbs or batter Not for - Chops or steaks *</p>		
7a	7b	7c
		
<p>Suitable for - Chips only</p>		
8a	8b	8c
		
<p>Suitable for - Boiled rice and rice dishes</p>		

9a	9b	9c
		
<p>Suitable for - Boiled spaghetti, other boiled pastas and noodles plus pasta and noodle dishes</p>		
10a	10b	10c
		
<p>Suitable for - Boiled or roast potato</p>		
11a	11b	11c
		
<p>Suitable for - Mashed potato</p>		

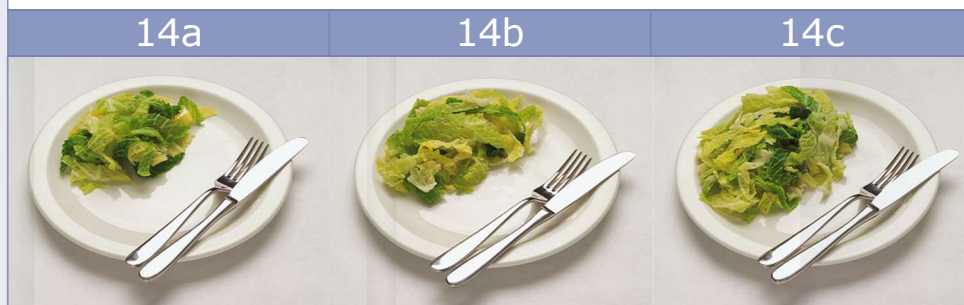
10" PLATE



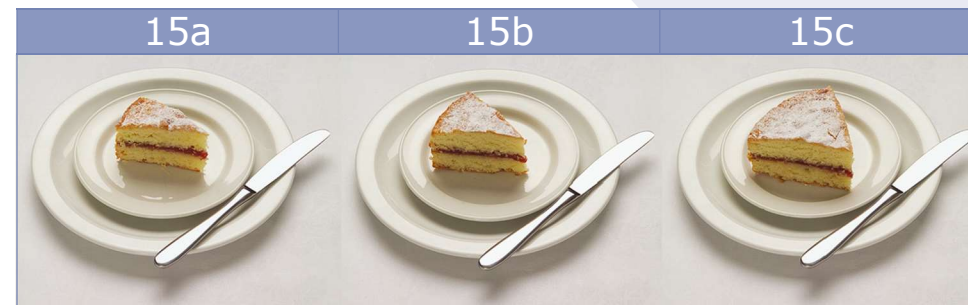
Suitable for – Baked beans and peas



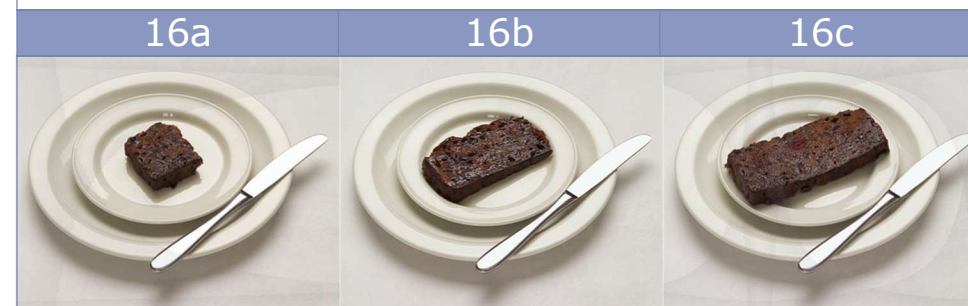
Suitable for – Carrots and other similar vegetables



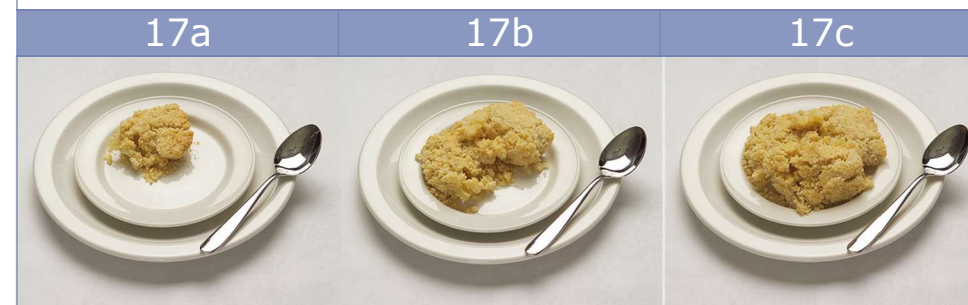
Suitable for – Cabbage, other leafy vegetables and salads
Not for – Peas (see photo 12)



Suitable for – Sponge cake and other similar cakes
Not for – Quiches, flans and sweet or savoury pies (see photo 3)

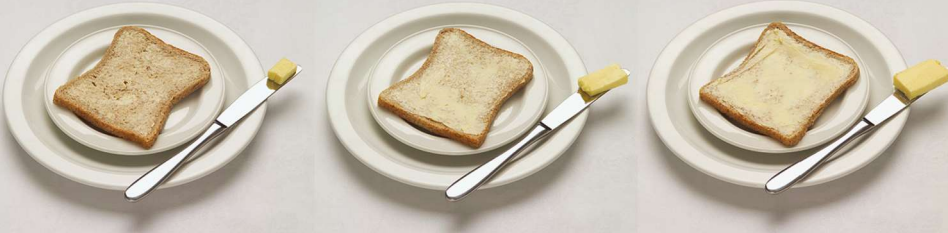




Suitable for - Fruit cake and other cake types with same shape
Not for - Meat (see photo 4) *



Suitable for - Fruit crumble and other puddings and desserts
Not for - Puddings WITH custard, sauce, yoghurt or ice cream combined *

10" PLATE

18a	18b	18c
		
Suitable for – Butter, margarines and spreads on bread only		
19a	19b	19c
		
Suitable for – Meat or minced meat stews WITHOUT vegetables Not for – Meat stews WITH vegetables (see photo 5)		
20a	20b	20c
		
Suitable for – Shepherd's pie and similar dishes or lasagne		

EXAMPLE

Food/Drink	Description and Preparation	Amount
LUNCH		
	<u>Canteen at work</u>	
Beef cass.	Beef casserole (onion and carrots)	Photo 5b
Potatoes	Mashed potatoes	2 scoops
Vegetables	Boiled cabbage	Photo 14a
Dessert	Rhubarb crumble	Photo 17b
	Custard	2 small ladles
Tea	Tea bag	1 plastic cup
	Milk - semi-skimmed (no sugar)	1 tbsp
TEA – between lunch time and evening meal		
Sandwich	Brown bread, large sliced loaf	1 medium slice
Spread	St. Ivel Utterly Butterly	thick spread
Filling	Grated cheddar cheese and tomato	1/2 x Photo 2c
Apple	Small Braeburn - ate skin	2 slices
Tea	As lunch with whole milk	1 fruit
		1 large mug
Chocolate	Cadbury's Dairy Milk - small bar	3 tbsp milk
		1 (49g)
EVENING MEAL		
Chicken & vegetable stir-fry	Skinless and boneless chicken breast, packaged, 300 gram raw Vegetable oil 1 large carrot, 2 spring onions 1 small courgette, 1 med. red pepper, 4 oz. button mushrooms 2 tsp grated ginger, 1 tbsp soy sauce, 1 tbsp sherry	Ate $\frac{1}{2}$ of this recipe
Rice	White rice, boiled	4 heaped tbsp
Fruit yoghurt	Muller Fruit Corner - strawberry	1 carton (175g)
Red wine	Cabernet Sauvignon (14.5% alcohol)	1 large wine glass (270 ml)

DATE / / DAY OF THE WEEK:		
BEFORE BREAKFAST		
Food/Drink	Description and Preparation	Amount
BREAKFAST		
Food/Drink	Description and Preparation	Amount
MID MORNING – between breakfast time & lunch time		
Food/Drink	Description and Preparation	Amount

LUNCH		
Food/Drink	Description and Preparation	Amount
TEA – between lunch time & the evening meal		
Food/Drink	Description and Preparation	Amount

EVENING MEAL		
Food/Drink	Description and Preparation	Amount
LATER EVENING – up to last thing at night		
Food/Drink	Description and Preparation	Amount

Food / Drink	Description and Preparation	Amount
Chocolate		
Toffees, sweets		
Crisps, peanuts		
Other snacks		
Beer, wine		
Sherry, spirits		
Other cold drinks		
Tea, coffee		
Other hot drinks		
Ice cream		
Anything else?		

Space to write in the recipe or ingredients of any home-made dishes, take-away meals etc. that you have mentioned but not described previously. Where applicable, please list amounts of ingredients and brand names. **Please indicate the amount or proportion actually consumed by yourself.**

DATE		
BEFORE BREAKFAST		
Food/Drink	Description and Preparation	Amount
BREAKFAST		
Food/Drink	Description and Preparation	Amount
MID MORNING – between breakfast time & lunch time		
Food/Drink	Description and Preparation	Amount

LUNCH		
Food/Drink	Description and Preparation	Amount
TEA – between lunch time & the evening meal		
Food/Drink	Description and Preparation	Amount

EVENING MEAL		
Food/Drink	Description and Preparation	Amount
LATER EVENING – up to last thing at night		
Food/Drink	Description and Preparation	Amount

Food / Drink	Description and Preparation	Amount
Chocolate		
Toffees, sweets		
Crisps, peanuts		
Other snacks		
Beer, wine		
Sherry, spirits		
Other cold drinks		
Tea, coffee		
Other hot drinks		
Ice cream		
Anything else?		

Space to write in the recipe or ingredients of any home-made dishes, take-away meals etc. that you have mentioned but not described previously. Where applicable, please list amounts of ingredients and brand names. **Please indicate the amount or proportion actually consumed by yourself.**

DATE / / DAY OF THE WEEK:		
BEFORE BREAKFAST		
Food/Drink	Description and Preparation	Amount
BREAKFAST		
Food/Drink	Description and Preparation	Amount
MID MORNING – between breakfast time & lunch time		
Food/Drink	Description and Preparation	Amount

LUNCH		
Food/Drink	Description and Preparation	Amount
TEA – between lunch time & the evening meal		
Food/Drink	Description and Preparation	Amount

EVENING MEAL		
Food/Drink	Description and Preparation	Amount
LATER EVENING – up to last thing at night		
Food/Drink	Description and Preparation	Amount

Food / Drink	Description and Preparation	Amount
Chocolate		
Toffees, sweets		
Crisps, peanuts		
Other snacks		
Beer, wine		
Sherry, spirits		
Other cold drinks		
Tea, coffee		
Other hot drinks		
Ice cream		
Anything else?		

Space to write in the recipe or ingredients of any home-made dishes, take-away meals etc. that you have mentioned but not described previously. Where applicable, please list amounts of ingredients and brand names. **Please indicate the amount or proportion actually consumed by yourself.**

DATE / / DAY OF THE WEEK:		
BEFORE BREAKFAST		
Food/Drink	Description and Preparation	Amount
BREAKFAST		
Food/Drink	Description and Preparation	Amount
MID MORNING – between breakfast time & lunch time		
Food/Drink	Description and Preparation	Amount

LUNCH		
Food/Drink	Description and Preparation	Amount
TEA – between lunch time & the evening meal		
Food/Drink	Description and Preparation	Amount

EVENING MEAL		
Food/Drink	Description and Preparation	Amount
LATER EVENING – up to last thing at night		
Food/Drink	Description and Preparation	Amount

Food / Drink	Description and Preparation	Amount
Chocolate		
Toffees, sweets		
Crisps, peanuts		
Other snacks		
Beer, wine		
Sherry, spirits		
Other cold drinks		
Tea, coffee		
Other hot drinks		
Ice cream		
Anything else?		

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Discussion**
 6. **Conclusion**
 7. **References**
 8. **Appendix**
 9. **Figure 1**
 10. **Figure 2**
 11. **Figure 3**
 12. **Figure 4**
 13. **Figure 5**
 14. **Figure 6**
 15. **Figure 7**
 16. **Figure 8**
 17. **Figure 9**
 18. **Figure 10**
 19. **Figure 11**
 20. **Figure 12**
 21. **Figure 13**
 22. **Figure 14**
 23. **Figure 15**
 24. **Figure 16**
 25. **Figure 17**
 26. **Figure 18**
 27. **Figure 19**
 28. **Figure 20**
 29. **Figure 21**
 30. **Figure 22**
 31. **Figure 23**
 32. **Figure 24**
 33. **Figure 25**
 34. **Figure 26**
 35. **Figure 27**
 36. **Figure 28**
 37. **Figure 29**
 38. **Figure 30**
 39. **Figure 31**
 40. **Figure 32**
 41. **Figure 33**
 42. **Figure 34**
 43. **Figure 35**
 44. **Figure 36**
 45. **Figure 37**
 46. **Figure 38**
 47. **Figure 39**
 48. **Figure 40**
 49. **Figure 41**
 50. **Figure 42**
 51. **Figure 43**
 52. **Figure 44**
 53. **Figure 45**
 54. **Figure 46**
 55. **Figure 47**
 56. **Figure 48**
 57. **Figure 49**
 58. **Figure 50**
 59. **Figure 51**
 60. **Figure 52**
 61. **Figure 53**
 62. **Figure 54**
 63. **Figure 55**
 64. **Figure 56**
 65. **Figure 57**
 66. **Figure 58**
 67. **Figure 59**
 68. **Figure 60**
 69. **Figure 61**
 70. **Figure 62**
 71. **Figure 63**
 72. **Figure 64**
 73. **Figure 65**
 74. **Figure 66**
 75. **Figure 67**
 76. **Figure 68**
 77. **Figure 69**
 78. **Figure 70**
 79. **Figure 71**
 80. **Figure 72**
 81. **Figure 73**
 82. **Figure 74**
 83. **Figure 75**
 84. **Figure 76**
 85. **Figure 77**
 86. **Figure 78**
 87. **Figure 79**
 88. **Figure 80**
 89. **Figure 81**
 90. **Figure 82**
 91. **Figure 83**
 92. **Figure 84**
 93. **Figure 85**
 94. **Figure 86**
 95. **Figure 87**
 96. **Figure 88**
 97. **Figure 89**
 98. **Figure 90**
 99. **Figure 91**
 100. **Figure 92**
 101. **Figure 93**
 102. **Figure 94**
 103. **Figure 95**
 104. **Figure 96**
 105. **Figure 97**
 106. **Figure 98**
 107. **Figure 99**
 108. **Figure 100**
 109. **Figure 101**
 110. **Figure 102**
 111. **Figure 103**
 112. **Figure 104**
 113. **Figure 105**
 114. **Figure 106**
 115. **Figure 107**
 116. **Figure 108**
 117. **Figure 109**
 118. **Figure 110**
 119. **Figure 111**
 120. **Figure 112**
 121. **Figure 113**
 122. **Figure 114**
 123. **Figure 115**
 124. **Figure 116**
 125. **Figure 117**
 126. **Figure 118**
 127. **Figure 119**
 128. **Figure 120**
 129. **Figure 121**
 130. **Figure 122**
 131. **Figure 123**
 132. **Figure 124**
 133. **Figure 125**
 134. **Figure 126**
 135. **Figure 127**
 136. **Figure 128**
 137. **Figure 129**
 138. **Figure 130**
 139. **Figure 131**
 140. **Figure 132**
 141. **Figure 133**
 142. **Figure 134**
 143. **Figure 135**
 144. **Figure 136**
 145. **Figure 137**
 146. **Figure 138**
 147. **Figure 139**
 148. **Figure 140**
 149. **Figure 141**
 150. **Figure 142**
 151. **Figure 143**
 152. **Figure 144**
 153. **Figure 145**
 154. **Figure 146**
 155. **Figure 147**
 156. **Figure 148**
 157. **Figure 149**
 158. **Figure 150**
 159. **Figure 151**
 160. **Figure 152**
 161. **Figure 153**
 162. **Figure 154**
 163. **Figure 155**
 164. **Figure 156**
 165. **Figure 157**
 166. **Figure 158**
 167. **Figure 159**
 168. **Figure 160**
 169. **Figure 161**
 170. **Figure 162**
 171. **Figure 163**
 172. **Figure 164**
 173. **Figure 165**
 174. **Figure 166**
 175. **Figure 167**
 176. **Figure 168**
 177. **Figure 169**
 178. **Figure 170**
 179. **Figure 171**
 180. **Figure 172**
 181. **Figure 173**
 182. **Figure 174**
 183. **Figure 175**
 184. **Figure 176**
 185. **Figure 177**
 186. **Figure 178**
 187. **Figure 179**
 188. **Figure 180**
 189. **Figure 181**
 190. **Figure 182**
 191. **Figure 183**
 192. **Figure 184**
 193. **Figure 185**
 194. **Figure 186**
 195. **Figure 187**
 196. **Figure 188**
 197. **Figure 189**
 198. **Figure 190**
 199. **Figure 191**
 200. **Figure 192**
 201. **Figure 193**
 202. **Figure 194**
 203. **Figure 195**
 204. **Figure 196**
 205. **Figure 197**
 206. **Figure 198**
 207. **Figure 199**
 208. **Figure 200**
 209. **Figure 201**
 210. **Figure 202**
 211. **Figure 203**
 212. **Figure 204**
 213. **Figure 205**
 214. **Figure 206**
 215. **Figure 207**
 216. **Figure 208**
 217. **Figure 209**

DATE / / DAY OF THE WEEK:		
BEFORE BREAKFAST		
Food/Drink	Description and Preparation	Amount
BREAKFAST		
Food/Drink	Description and Preparation	Amount
MID MORNING – between breakfast time & lunch time		
Food/Drink	Description and Preparation	Amount

LUNCH		
Food/Drink	Description and Preparation	Amount
TEA – between lunch time & the evening meal		
Food/Drink	Description and Preparation	Amount

EVENING MEAL		
Food/Drink	Description and Preparation	Amount

Food/Drink	Description and Preparation	Amount

Between meal snacks and drinks NOT already written in before

Food / Drink	Description and Preparation	Amount
Chocolate		
Toffees, sweets		
Crisps, peanuts		
Other snacks		
Beer, wine		
Sherry, spirits		
Other cold drinks		
Tea, coffee		
Other hot drinks		
Ice cream		
Anything else?		

Space to write in the recipe or ingredients of any home-made dishes, take-away meals etc. that you have mentioned but not described previously. Where applicable, please list amounts of ingredients and brand names. **Please indicate the amount or proportion actually consumed by yourself.**

END OF DAY No. 5

DATE / / DAY OF THE WEEK:		
BEFORE BREAKFAST		
Food/Drink	Description and Preparation	Amount
BREAKFAST		
Food/Drink	Description and Preparation	Amount
MID MORNING – between breakfast time & lunch time		
Food/Drink	Description and Preparation	Amount

LUNCH		
Food/Drink	Description and Preparation	Amount
TEA – between lunch time & the evening meal		
Food/Drink	Description and Preparation	Amount

EVENING MEAL		
Food/Drink	Description and Preparation	Amount
LATER EVENING – up to last thing at night		
Food/Drink	Description and Preparation	Amount

Food / Drink	Description and Preparation	Amount
Chocolate		
Toffees, sweets		
Crisps, peanuts		
Other snacks		
Beer, wine		
Sherry, spirits		
Other cold drinks		
Tea, coffee		
Other hot drinks		
Ice cream		
Anything else?		

DATE / / DAY OF THE WEEK:		
BEFORE BREAKFAST		
Food/Drink	Description and Preparation	Amount
BREAKFAST		
Food/Drink	Description and Preparation	Amount
MID MORNING – between breakfast time & lunch time		
Food/Drink	Description and Preparation	Amount

LUNCH		
Food/Drink	Description and Preparation	Amount
TEA – between lunch time & the evening meal		
Food/Drink	Description and Preparation	Amount

EVENING MEAL		
Food/Drink	Description and Preparation	Amount
LATER EVENING – up to last thing at night		
Food/Drink	Description and Preparation	Amount

Food / Drink	Description and Preparation	Amount
Chocolate		
Toffees, sweets		
Crisps, peanuts		
Other snacks		
Beer, wine		
Sherry, spirits		
Other cold drinks		
Tea, coffee		
Other hot drinks		
Ice cream		
Anything else?		

GENERAL QUESTIONS ABOUT YOUR FOOD/DRINK LAST WEEK

1. Which type of milk did you most often use last week?

Select one only.

- ☐ Whole/full cream
☐ Semi-skimmed
☐ Skimmed/fat free

- ☐ Soya
☐ Other:
☐ None

Do you know the fat percentage (%) of your milk?:

Was this milk: ☐ pasteurized? ☐ UHT? ☐ sterilized? ☐ dried?

2. How much milk did you usually have in tea, coffee and on your cereal?

- Tea: ☐ A lot ☐ Average ☐ Hardly any ☐ None
 Coffee: ☐ A lot ☐ Average ☐ Hardly any ☐ None
 Cereal: ☐ A lot ☐ Average ☐ Hardly any ☐ None

3. Did you drink decaffeinated tea or coffee?

- Tea: ☐ Always ☐ Sometimes ☐ Never
 Coffee: ☐ Always ☐ Sometimes ☐ Never

4. Which types of fat did you use last week for baking, frying, spreading and on salads? **If you are not sure which category to indicate, check packaging for the exact name, fat content and brand and fill in this information.**

Type of fat, spread or margarine	Brand and name of product	Spreading	Frying	Baking	Salads
Butter					
Spreadable butter					
Dairy spread (e.g. I can't believe it's not butter)					
Polyunsaturated spread (sunflower, soya or vegan)					

4. (continued....)

Type of fat, spread or margarine	Brand and name of product	Spreading	Frying	Baking	Salads
Low fat spread (less than 60% fat)					
Olive oil based spread					
Other soft margarine or spread - 1					
Other soft margarine or spread - 2					
Hard margarine					
Vegetable oil - 1	Type:				
Vegetable oil - 2	Type:				
Lard					
White vegetable fat					
Dripping or animal fat					
Other					

5. Which type of bread did you eat most often last week?

Select one only.

- ☐ White ☐ Soft grain
☐ Granary ☐ Brown
☐ Wholemeal ☐ Wheatgerm
 Other:

6. Did you eat butter, margarine or spread last week?
Please tick boxes below to show whether you ate it on toast, bread, sandwiches, in rolls or on crackers:

	Toast	Bread	Sandwiches	Rolls	Crackers
Always					
Sometimes					
Never					
Don't know					

7. How thickly did you spread butter, margarine etc. on bread or crackers?

- ☐ Thick
 ☐ Medium
 ☐ Thin
 ☐ None

8. If you ate grilled, fried, barbecued or roast meat last week, how well cooked was it? **Please tick the boxes.**

	Beef, lamb, pork	Poultry
Well done or dark brown		
Medium		
Lightly cooked or rare		
Did not eat meats cooked by these methods		
Did not eat these meats		

9. If you ate meat last week, what did you do with the visible fat?
Please note that meat includes beef, lamb, pork, ham and bacon.

- ☐ Ate all of the fat
 ☐ Ate most of the fat
 ☐ Ate some of the fat
 ☐ Ate as little as possible
 ☐ Did not eat meat
 ☐ No fat eaten

10. If you ate poultry last week, did you eat the skin? **Please note that poultry includes chicken, duck, goose and game birds.**

- ☐ Yes
 ☐ No
 ☐ Sometimes
 ☐ Did not eat poultry

11. If you had gravy last week, were the meat juices, pan residues or dripping put into the gravy?

- ☐ Yes
 ☐ No
 ☐ Sometimes
 ☐ Don't know
 ☐ Did not eat gravy

12. Was salt usually added to your food during cooking last week?

- ☐ Yes
 ☐ No
 ☐ Don't know

Did you usually add salt to your food at the table last week?

- ☐ Yes
 ☐ No
 ☐ Don't know

Did you regularly use a salt substitute (e.g. LoSalt) last week?

- ☐ Yes
 ☐ No
 ☐ Don't know

If YES, which brand?

13. Did you eat the skin on fruit? **Please tick boxes.**

	Apple	Pear
Skin eaten		
Skin not eaten		
Fruit not eaten		

14. Please name any vitamins, minerals or other food supplements taken on each day of last week. **Please write down all the details from each packet/container or enclose label(s). Give the number of tablets taken on each day.**

Brand	Name	Strength	Tablet capsule tsp.	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Boots	High strength vitamin C	1000 mg	Tablet	1	1	0	2	1	1	1

15. Which types of water did you consume last week?
Please give information for both HOT and COLD drinks.

Water type	Hot drinks	Cold drinks
Tap water (unfiltered)		
Filtered water – hard water filter		
Filtered water – other		
Bottled water – brand:		
Other water – brand:		

16. Were any of the following foods which you ate last week produced **organically** (without pesticides)? **Please tick the necessary box(es).**

- ☐ Vegetables, homegrown
- ☐ Fruit, homegrown
- ☐ Milk and dairy products
- ☐ Meat
- ☐ Vegetables, purchased
- ☐ Fruit, purchased
- ☐ Cereal or cereal products, bread
- ☐ No organic foods eaten

This space has been left for you to tell us about anything else which you feel is important about your food/drink intake last week.

Thank you very much for your help in completing such a detailed record.

