

## Food Diary

Record all food and drinks consumed over 7 days, plus time spent exercising and type of activity. Please record hunger scale 1-10, 1 = very hungry and 10 = very full.

Example day:

TIME	FOOD/DRINKS	QUANTITY IN GRAMS/MLS OR HANDY MEASURES	TIME IN EXERCISE, TYPE OF EXERCISE	HUNGER, FULLNESS SCALE 1-10
7.30	Bran flakes Milk (full fat) Orange juice (fresh)	1 large bowl ½ pint 1 large glass		3
9.00	Water	1000mls	40 mins gym walk 20 mins to work	
11.30	Banana	1 medium		4
12.00	Wholemeal bread Low fat spread Tuna in brine Mixed salad (tomato, onion, cucumber) Vinaigrette Low fat yogurt Banana Water	2 medium cut slices Spread thinly ½ tin (200g) ½ small bowl 2 teaspoons 150g tub 1 medium 400mls		4
15.00	Coffee latté	1 large mug		
17.30	Dried fruit Fruit juice	handful 1 small glass		5
18.00	Water	500mls	Run for 60 mins Walk home 30 mins	
20.00	Pasta Tomato based sauce Parmesan cheese Fruit salad fresh Water	100g pasta (cooked) 1 large tablespoons 2 teaspoons 1 large bowl 2 large glasses		4
21.30	Tea with full fat milk	1 large mug		

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