

Designed and Compiled by: Metabolic Dietetic Team The National Centre for Inherited Metabolic Disorders Children's Health Ireland at Temple Street Temple St Dublin 1

July 2018





Food Diary

PATIENT NAME:	
PATIENT HOSPITAL NUMBER:	
RETURN TO (Dietitian's name):	

The National Centre for Inherited Metabolic Disorders,
Children's Health Ireland at Temple Street,
Temple Street,
Dublin 1.

Instructions and Guidelines for Filling in your Food Diary

•	Please keep a food diary for three days - preferably two week days and one weekend day
•	Record everything which is eaten or drunk including any snacks taken between meals
•	Record your eating as you go
•	Only record the amount of food that is eaten rather than the amount that was plated up
•	Be specific and fill in as much detail as possible about how much was eaten e.g. 2 tablespoons of boiled carrots 240mls (8oz) milk
•	Please state how the food was cooked e.g. grilled, fried, roasted
•	Include if any additions, such as butter, sugar, salt, gravies, seasonings or any sauces has been added, along with the amount used e.g. 1 teaspoon ketchup or 2 tablespoons of butter
•	Use the 'Sample Food Diary' on opposite page for help and guidance

** Check and make sure you have remembered to nclude any additions such as sugar, gravy, salt etc					

Date, Day & Time	Food Description	Cooking Method	Additions (if any)	Amount Eaten

Sample Food Diary

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Date, Day & Time	Food Description	Cooking Method	Additions (if any)	Amount Eaten
Mon 13th	<u>Breakfast</u>			
8.00 am	2 Weetabix	N/A	2 tsps sugar	g
			3 slices of banana	
			150 mls full fat milk	
	1 mug of tea		20 mls skimmed milk	
	150 mls		1 tsp sugar	
Mon 13 th	<u>Snack</u>			Small
10.30 am	1 apple	N/A		30 g
	Pack of popcorn	N/A		
Mon 13th	<u>Dinner/Lunch</u>			1 tsp
2.30 pm	75 g Chicken fillet	Grilled	Knorr Chicken gravy	3 tbsp
	Mashed potato	Boiled	g butter	2 tbsp
	Peas	Steamed	Pinch salt	200 mls
	1 Glass Coke	N/A		
Mon 13th	<u>Snack</u>			3 biscuits
4.30 pm	Rich tea biscuits	N/A	. g Omega 3 Flora	150 mls
	Glass full fat milk	N/A		
Mon 13th	Tea/Supper			
7.00 pm	1 Boiled egg	Boiled	N/A	
	2 slices Brennans wholegrain brown bread	N/A	g Omega 3 Flora	450
	1 cup coffee		No milk	150 mls
			1 tsp sugar	

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