



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



Children's Health Ireland
at Temple Street



Metabolic.ie
National Centre for Inherited Metabolic Disorders



Children's Health Ireland
at Temple Street

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.

*** NB Remember to include any additions such as sugar, gravy, salt etc ***

Sample Food Diary

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

*** NB Remember to include any additions such as sugar, gravy, salt etc ***

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

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