

Please fill out the diary as accurately as possible. Use the example diary on the next page as a guide.

- Write down all the food and drinks you consume and any activity you do for at least 3 days (including a weekend)
- Include all snacks (and supplements if you take any)
- Include all alcoholic and all non alcoholic drinks
- Record the time that you consume the meal, snack, drink or do the activity
- Describe food and drink in as much detail as possible
- Rate your hunger before you eat using the hunger scale below
- Write down where you are and who you are with when eating and drinking
- Record your mood/feelings and/or any symptoms and the time they occur

Hunger scale

1	2	3	4	5	6	7	8	9	10
Physically faint	Ravenous	Fairly hungry	Slightly Hungry	Neutral	Pleasantly satisfied	Full	Stuffed	Bloated	Nauseous

An example of how to fill in your diary

[This is not a suggestion of what to eat]

Food/Drink/Activity	Quantity	Where/Who with	Feelings/Symptoms
Breakfast 8.00am <i>Rice Krispies with semi-skimmed milk</i>	<i>Medium sized bowl, not much milk because didn't have much left!</i>	<i>At home, sitting at the table Alone</i>	Hunger=3
Mid morning 11.00am <i>Walkers salt and vinegar crisps Ribena</i>	<i>1 packet 1 juice box</i>	<i>At work With 1 colleague-Sue</i>	Hunger=5 Felt tired
Lunch 12.30pm <i>Chicken wrap from Tesco Apple Kitkat Diet Coke</i> <i>Walked to a different building quite briskly</i>	<i>All of it (2 halves) Whole thing Two sticks Most of the can</i> <i>10 mins there and ten mins back</i>	<i>At work With colleagues-Martin, Edward and Tina</i>	Hunger=9 Feeling bloated
Mid afternoon 3.30pm <i>McVitie's milk chocolate digestive biscuits Cappuccino (machine in hospital) with sugar</i>	<i>3 1 cup and 1 teaspoon sugar</i>	<i>At work On my own</i>	Hunger=5
Evening meal 7.30pm <i>Vegetarian mince meat burgers Baked beans Mashed potatoes with added butter and milk Walls vanilla ice cream</i>	<i>2 2 tbsps Big scoop 3 scoops</i>	<i>At home With partner and kids</i>	Hunger=3 Felt full after I had eaten and sleepy
Bedtime 9.00pm <i>Hot chocolate (Packet) Rich tea biscuits</i>	<i>1 cup of milk 3</i>	<i>At home watching television Alone</i>	Hunger=5 Habit, routine

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