

# Food diary

Nutrition and Dietetics

Produced: June 2025

Review: June 2028

Leaflet number: 1622 Version: 1

Name: .....

Address: .....

Postcode: .....

Phone number: .....

NHS number: .....

Date of birth: .....

S Number: .....

Height: ..... Weight: .....

## PLEASE RETURN COMPLETED BOOKLET TO:

Name: .....

**University Hospitals of Leicester NHS Trust  
Nutrition and Dietetic Service  
Leicester Royal Infirmary, Infirmary Square  
Leicester, LE1 5WW  
Telephone – 0116 2585400**

Email: .....

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To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

It would help the Dietitian if you could be as accurate as possible by following the instructions below:

Steps	Instructions
1.	Write down the <b>type of food</b> (like wholemeal bread, white rice).
2.	Write down the <b>method of cooking</b> (such as boiled, grilled, fried).
3.	Write how <b>much of the food was eaten</b> . You can use household measures like: <ul style="list-style-type: none"> <li>• Wholemeal Bread, 1 medium slice</li> <li>• Cornflakes, 4 tablespoons</li> </ul> Please state weight of packets/tins bought, using ounces or grams.
4.	Write the <b>brand of food</b> where possible: <ul style="list-style-type: none"> <li>• McVities Rich Tea Biscuits</li> <li>• Heinz Cream of Mushroom Soup</li> </ul>
5.	If 2 items are eaten together write individual amounts like: Apple and Custard: <ul style="list-style-type: none"> <li>• Stewed Apple, 2 tablespoons</li> <li>• Custard, 4 tablespoons</li> </ul>
6.	<b>Remember to record all snacks and drinks.</b> If volume/size of drinking vessel known please state it or describe size of cup/glass/beaker
7.	Remember to <b>record all medicines/supplements</b> taken.
8.	Please write any handmade recipes in notes on back page.

Example: This is an example of an adult daily intake, may vary for a child.

Meal	Food Eaten	Amount Eaten
Breakfast	Tea Semi-skimmed milk Sugar Wholemeal toast Flora Margarine	1 Cup 150ml 30 ml 1 tsp. heaped 2 thick slices 2 tsp
Mid-morning	Tea (1 cup) Milk (30 ml) McVities Rich Tea Biscuits	1 Cup 200ml 2
Lunch	Wholemeal bread Flora Margarine Ham Tomato Diet Yoghurt (like Shape) 1 apple	1 medium slice 10g 1 Slice 2 thick slices 125g pot
Mid afternoon	Cup of tea and milk (30 ml) Digestive biscuit	1 Cup 1
Evening Meal	Chicken portion grill Carrots Peas Potato boiled Stewed apple Custard	175g 2 tbsp 2 tbsp 3 egg sized 100 g 130 ml
Bedtime	Horlicks Semi skimmed milk	2 tsp 1 cup (250 ml)
Additional Snacks	Club chocolate biscuit Packet salted peanuts No Added sugar orange squash	1 50 g 2 glasses
Medicines or tablets	Multivitamins like Boots own/Sanatogen.	1 capsule

DAY:		DATE:
Meal & Time	Description of Food and Drink	Amount Eaten
Breakfast		
Mid-Morning		
Lunch		
Afternoon		
Evening		
Bedtime		
Medicines or Tablets		

Daily Fluid Intake

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DAY:		DATE:
Meal & Time	Description of Food and Drink	Amount Eaten
Breakfast		
Mid-Morning		
Lunch		
Afternoon		
Evening		
Bedtime		
Medicines or Tablets		

Daily Fluid Intake

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DAY:		DATE:
Meal & Time	Description of Food and Drink	Amount Eaten
Breakfast		
Mid-Morning		
Lunch		
Afternoon		
Evening		
Bedtime		
Medicines or Tablets		
Daily Fluid Intake		
.....		

DAY:		DATE:
Meal & Time	Description of Food and Drink	Amount Eaten
Breakfast		
Mid-Morning		
Lunch		
Afternoon		
Evening		
Bedtime		
Medicines or Tablets		
Daily Fluid Intake		

DAY:		DATE:
Meal & Time	Description of Food and Drink	Amount Eaten
Breakfast		
Mid-Morning		
Lunch		
Afternoon		
Evening		
Bedtime		
Medicines or Tablets		

Daily Fluid Intake

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**Please record anything else which you may feel is relevant such as homemade recipes.**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

NUTRIENTS	RNI	DAILY INTAKE

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