

SPORTTRITION

7-day food diary

Your guide to ultimate awareness

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7-day food diary

Name: _____

Email: _____

Age: _____ (years)

Height: _____ (cm)

Weight: _____ (kg)

Weight goal (circle one) LOSE/MAINTAIN/GAIN

Any nutritional concerns? _____

Do you take any supplements/vitamins/powders? _____

Do you take any medications? _____

Why keep a food diary?

A food diary allows you the time and space to reflect on your current eating habits. It is difficult (if not impossible) to change what we are not aware of.

How to fill in this diary:

Please record every item of food or drink that you consume over a minimum of 3 consecutive days as well as the time consumed. Try to incorporate one weekend day as part of your 3 days if you can. Be as specific as possible about the food or drink, for example, record the brand, time consumed, amount consumed (eg 200ml or 1/2 cup or 500g). Don't forget things that you add to your food (eg sauces, sugar, salt).

Here is an example:

Meal	Time	Food (type and amount)	Drink (type & amount)	Notes
Breakfast	7:30am	1 cup nutri grain, ¾ cup 'shape' milk, 1 teaspoon sugar, 2 slices white toast, 3 teaspoons margarine, vegemite.	300mL orange juice	

Date:

Meal	Time	Food (type & amount)	Drink (type & amount)	Notes
Breakfast				
Morning snack				
Lunch				
Afternoon snack				
Dinner				
Supper				

Today's physical activity: (type of activity and duration)

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Date:

Meal	Time	Food (type & amount)	Drink (type & amount)	Notes
Breakfast				
Morning snack				
Lunch				
Afternoon snack				
Dinner				
Supper				

Today's physical activity: (type of activity and duration)

.....
.....



Date:

Meal	Time	Food (type & amount)	Drink (type & amount)	Notes
Breakfast				
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Meal	Time	Food (type & amount)	Drink (type & amount)	Notes
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Meal	Time	Food (type & amount)	Drink (type & amount)	Notes
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Date:

Meal	Time	Food (type & amount)	Drink (type & amount)	Notes
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Meal	Time	Food (type & amount)	Drink (type & amount)	Notes
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