**Food diary**

**Date………………………………**

|  |
| --- |
| Please include all foods and drinks consumed each day with approximate or exact portion sizes and how the foods were cooked (e.g. fried, baked etc.). Also include how hungry you felt and how you were feeling using the keys below.  |
| **Time** | **Food and drinks consumed** | **Hunger level**1:Not hungry2: Fairly hungry3: Very hungry | **Mood level**1: Happy2: Fair3: Unhappy |
| **Breakfast** |  |  |  |
| **Mid-morning** |  |  |  |
| **Lunch** |  |  |  |
| **Mid-afternoon** |  |  |  |
| **Supper** |  |  |  |
| **Other** |  |  |  |

**Please complete for 7 days**

**DAY 1**

**Food diary**

**Date………………………………**

|  |
| --- |
| Please include all foods and drinks consumed each day with approximate or exact portion sizes and how the foods were cooked (e.g. fried, baked etc.). Also include how hungry you felt and how you were feeling using the keys below.  |
| **Time** | **Food and drinks consumed** | **Hunger level**1:Not hungry2: Fairly hungry3: Very hungry | **Mood level**1: Happy2: Fair3: Unhappy |
| **Breakfast** |  |  |  |
| **Mid-morning** |  |  |  |
| **Lunch** |  |  |  |
| **Mid-afternoon** |  |  |  |
| **Supper** |  |  |  |
| **Other** |  |  |  |

**Please complete for 7 days**

**DAY 2**

**Food diary**

**Date………………………………**

|  |
| --- |
| Please include all foods and drinks consumed each day with approximate or exact portion sizes and how the foods were cooked (e.g. fried, baked etc.). Also include how hungry you felt and how you were feeling using the keys below.  |
| **Time** | **Food and drinks consumed** | **Hunger level**1:Not hungry2: Fairly hungry3: Very hungry | **Mood level**1: Happy2: Fair3: Unhappy |
| **Breakfast** |  |  |  |
| **Mid-morning** |  |  |  |
| **Lunch** |  |  |  |
| **Mid-afternoon** |  |  |  |
| **Supper** |  |  |  |
| **Other** |  |  |  |

**Please complete for 7 days**

**DAY 3**

**Food diary**

**Date………………………………**

|  |
| --- |
| Please include all foods and drinks consumed each day with approximate or exact portion sizes and how the foods were cooked (e.g. fried, baked etc.). Also include how hungry you felt and how you were feeling using the keys below.  |
| **Time** | **Food and drinks consumed** | **Hunger level**1:Not hungry2: Fairly hungry3: Very hungry | **Mood level**1: Happy2: Fair3: Unhappy |
| **Breakfast** |  |  |  |
| **Mid-morning** |  |  |  |
| **Lunch** |  |  |  |
| **Mid-afternoon** |  |  |  |
| **Supper** |  |  |  |
| **Other** |  |  |  |

**Please complete for 7 days**

**DAY 4**

**Food diary**

**Date………………………………**

|  |
| --- |
| Please include all foods and drinks consumed each day with approximate or exact portion sizes and how the foods were cooked (e.g. fried, baked etc.). Also include how hungry you felt and how you were feeling using the keys below.  |
| **Time** | **Food and drinks consumed** | **Hunger level**1:Not hungry2: Fairly hungry3: Very hungry | **Mood level**1: Happy2: Fair3: Unhappy |
| **Breakfast** |  |  |  |
| **Mid-morning** |  |  |  |
| **Lunch** |  |  |  |
| **Mid-afternoon** |  |  |  |
| **Supper** |  |  |  |
| **Other** |  |  |  |

**Please complete for 7 days**

**DAY 5**

**Food diary**

**Date………………………………**

|  |
| --- |
| Please include all foods and drinks consumed each day with approximate or exact portion sizes and how the foods were cooked (e.g. fried, baked etc.). Also include how hungry you felt and how you were feeling using the keys below.  |
| **Time** | **Food and drinks consumed** | **Hunger level**1:Not hungry2: Fairly hungry3: Very hungry | **Mood level**1: Happy2: Fair3: Unhappy |
| **Breakfast** |  |  |  |
| **Mid-morning** |  |  |  |
| **Lunch** |  |  |  |
| **Mid-afternoon** |  |  |  |
| **Supper** |  |  |  |
| **Other** |  |  |  |

**Please complete for 7 days**

**DAY 6**

**Food diary**

**Date………………………………**

|  |
| --- |
| Please include all foods and drinks consumed each day with approximate or exact portion sizes and how the foods were cooked (e.g. fried, baked etc.). Also include how hungry you felt and how you were feeling using the keys below.  |
| **Time** | **Food and drinks consumed** | **Hunger level**1:Not hungry2: Fairly hungry3: Very hungry | **Mood level**1: Happy2: Fair3: Unhappy |
| **Breakfast** |  |  |  |
| **Mid-morning** |  |  |  |
| **Lunch** |  |  |  |
| **Mid-afternoon** |  |  |  |
| **Supper** |  |  |  |
| **Other** |  |  |  |

**Please complete for 7 days**

**DAY 7**