

# Adult food diary

## Information for patients

Before your appointment with the dietitian, please complete this three-day food diary to make the most of your appointment.

## Top tips for keeping a food and symptom diary

### Stick with it

Try to fill out your food and symptom diary for 3 days and try to include one day of the weekend.

### Include your fluids

Make sure to record all the fluids you consume, including caffeinated drinks (with any added sugars), juices, and alcohol, nutritional supplements.

### Go into detail

Give as much detail as possible, including what you ate and how it was prepared. For example, instead of writing “chicken salad, write ‘lettuce, tomato, onions, croutons.’” The same applies to the symptoms you have. Did you have them immediately after eating? How severe were they? How long did they last?

### Be honest

Document everything you eat, even if you feel like it is ‘unhealthy’.

### Take it with you

Keep your food diary with you so you can instantly record everything you eat and drink. Delaying might lead to forgetting important details.

### Keep food packaging

It might sometimes be helpful to keep food packaging. This can help the dietitian potentially identify what may be causing your symptoms

	<b>Day one</b>	<b>Day two</b>	<b>Day three</b>	<b>Symptoms eg. abdominal pain, bloating, bowel activity</b>
<b>Before breakfast</b>				
<b>Breakfast</b>				
<b>During morning</b>				
<b>Lunch</b>				
<b>During afternoon</b>				
<b>Evening meal</b>				
<b>Evening snacks (include alcohol)</b>				

**More information**

For more information about nutrition and dietetics services at the Royal Free London, please visit our website:

[www.royalfree.nhs.uk/services/dietetics/](http://www.royalfree.nhs.uk/services/dietetics/)

**Your feedback**

If you have any feedback on this leaflet or for a list of references for it, please email:

[rf-tr.communications@nhs.net](mailto:rf-tr.communications@nhs.net).

**Alternative formats**

This leaflet is also available in large print. If you need this leaflet in another format – for example Braille, a language other than English or audio – please speak to a member of staff.

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