



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Food Diary

Information for patients, relatives and carers

Name.....

Date of Birth.....

① For more information, please contact:

## **Department of Nutrition and Dietetics**

Scarborough Hospital

Tel: 01723 342415

Woodlands Drive, Scarborough, YO12 6QL

The York Hospital

Tel: 01904 725269

Wigginton Road, York, YO31 8HE

## How to fill in your food diary

- Please record all food and drink actually eaten (at the time eaten, if possible).
- Information on the amounts of food eaten is needed. If possible, state the weight of food or give the quantities in household measures e.g., half a large tin of peaches, one slice of wholemeal bread from a large loaf.
- State the type of food/drink as accurately as possible, using the brand names of manufactured products, e.g., Heinz baked beans, one Hobnob biscuit, two Weetabix.
- State the method of cooking, e.g., grilled, baked, fried, boiled etc.
- If possible, please also state how you were feeling at that mealtime, e.g., too tired to make a full meal.

## **Other useful information**

What type of milk do you use?

How much milk do you use in a day?

What type of spreading fat do you use?

Do you put sugar in your drinks, if so, how much?

Do you add salt in cooking?

Do you add salt at the table?

# Day 1

Date: \_\_\_\_\_

Time	Drinks and food eaten	Comments/ symptoms/ mood

# Day 2

Date: \_\_\_\_\_

Time	Drinks and food eaten	Comments/ symptoms/mood

# Day 3

Date: \_\_\_\_\_

Time	Drinks and food eaten	Comments/ symptoms/mood

# Day 4

Date: \_\_\_\_\_

Time	Drinks and food eaten	Comments/ symptoms/mood

# Day 5

Date: \_\_\_\_\_

Time	Drinks and food eaten	Comments/ symptoms/mood



# Day 6

Date: \_\_\_\_\_

Time	Drinks and food eaten	Comments/ symptoms/mood

# Day 7

Date: \_\_\_\_\_

Time	Drinks and food eaten	Comments/ symptoms/mood

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Admin Team, The York Hospital, Wigginton Road, York YO31 8HE, telephone 01904 725269 or email [yhs-tr.yorkdietitians@nhs.net](mailto:yhs-tr.yorkdietitians@nhs.net)

## **Teaching, training, and research**

Our Trust is committed to teaching, training, and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供，電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

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