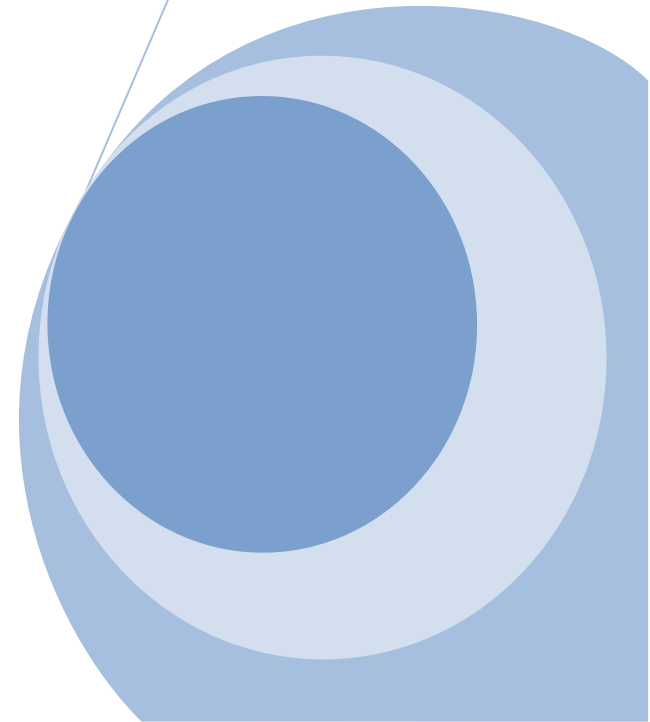
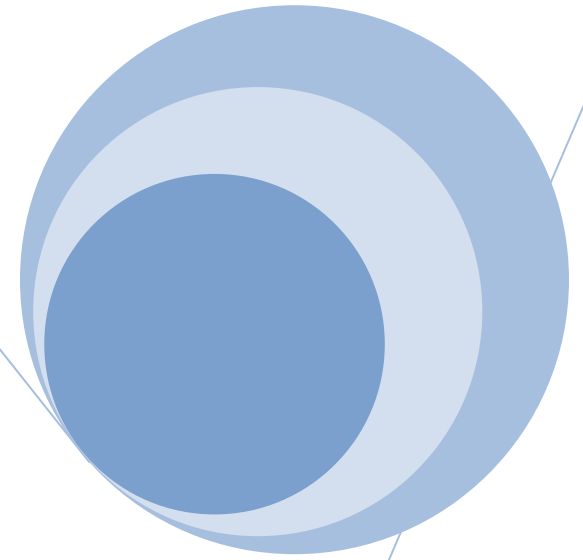
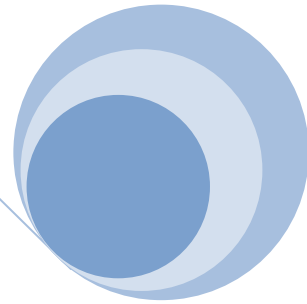


Food Diary



Food Diary

Remember to record:

- ❖ Everything you eat - no matter how small.
- ❖ Portion sizes e.g. tablespoons, slices, cupfuls, teaspoons or weight.
- ❖ Details such as brand names and cooking methods.
- ❖ The weight of the food and the amount of salt or sodium shown on the packet for ready-made meals or snacks per portion.
- ❖ Snacks between meals, food eaten while making meals, salad dressings and meals eaten out.
- ❖ Take the diary wherever you go and fill it in at the time you eat if possible.
- ❖ Please make full use of the comments section recording what you found helpful and or any aspects that you found difficult or products that were particularly low in salt.

Food Diary

This is an example of how it might be filled in during the day. The salt content of the other foods is worked out later on from food charts.

Day and Date				
Time of day	Portion size	Details of food	Amount of Salt or Sodium from the food label if available	
			<u>Salt</u>	<u>Sodium</u>
<u>Morning</u>				
8am	2 whole	Weetabix with semi skimmed milk.	0.2g	
	1 whole	Banana		
11am	1 whole	Apple		
<u>Afternoon</u>				
1pm	2 slices bread brown	Tuna mayonnaise sandwich with cucumber.	1.5g	
	1 packet	Salt and vinegar crisps		
	1 whole	Satsuma		
4pm	2	Cream crackers with light cream cheese with 1 teaspoon on each cracker.		
<u>Evening</u>				
7pm	2 handfuls dried 5 tablespoons sauce	Pasta with homemade spaghetti bolognese sauce.		

Comments.

Food Diary

Day and Date				
Time of day	Portion size	Details of food	Amount of Salt or Sodium from the food label if available	
			Salt	Sodium
<u>Morning</u>				
<u>Afternoon</u>				
<u>Evening</u>				

Comments.