

# FOOD DIARY TEMPLATE

**Please use this template to help you to complete a food diary to share with your GP or other medical practitioner. We would recommend keeping the diary for 3 days, where possible including both weekdays and weekends.**

Name:		Date:
	Food/Drink offered	Amount taken/experienced
Example:	*1 slice of bread with something on it *Cup of full fat milk	*Refused any/all spreads * Ate all of 1 slice of plain bread *1/2 cup of milk drunk
Breakfast:		
Mid-morning:		
Lunch:		
Mid-afternoon:		
Evening meal:		
Bedtime:		
During the night:		