

**STRICTLY
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**NATIONAL SURVEY OF HEALTH AND DEVELOPMENT
(Medical Research Council)**

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DIET DIARY

We would be grateful if you could keep this diary of *everything* you eat or drink over the next five days. As you will see, each day is clearly marked, beginning with the first thing in the morning and ending with food and drink at bedtime.

Please treat each day separately. Write in the name of all food or drink taken, a description if necessary and the amount, for each part of the day. If nothing was eaten or drunk during a part of the day, leave that section blank.

At the end of each day, there is a list of snacks and drinks that can easily be forgotten. *If not already mentioned in some other part of the day*, please write in a description and the amount in the space next to anything you may have forgotten. The nurse will show you how to keep the diary and leave an example to help you. When the last day has been filled in, post the booklet back to us in the envelope provided.

Overleaf is a list of popular foods and drinks. Next to each item, is the sort of thing that we need to know so that we can tell what it is made of. We also show you the kind of household measures that we would like you to think of when you tell us how much you had. This list cannot cover all the foods and drinks that people may have, so at the end are some notes on recording made up dishes and foreign foods.

THANK YOU FOR YOUR HELP

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Bacon	lean or streaky; fried or grilled	number of rashers
Baked beans		tablespoons
Beefburger (hamburger)	fresh or from a packet; fried or grilled; large or small	number
Beer	stout, bitter, lager; draught, bottled, homemade	number of pints
Biscuits	plain, sweet, chocolate, wafer; include biscuits like Kit-Kat and Penguin; write in the name if you can	number
Bread (see also sandwiches)	wholemeal, white or brown; large or small loaf; thick, medium or thin slices	number of slices
Bread rolls (see also crusty or soft sandwiches)		number of rolls
Breakfast cereal	what sort: cornflakes, weetabix, muesli etc.	number of biscuits or tablespoons
Bran		tablespoons
Bun	iced, currants; sweet or plain; large or small	number
Butter for bread		thick, average thin spread
Cake – small	what sort: cream, icing; sort of filling; large or small	number
Cake – large	what sort: cream, fruit, icing; sort of filling; large or small	slices
Cheese	what sort: cream, cottage, hard; write in the name if you can; large, medium small helping	helping
Chocolate	what sort	ounces
Chops	what sort: lean or fatty; large or small	number
Coffee	with milk; ½ milk/ ½ water; all milk	cups
Crackers	what sort: large or small	number
Cream	single, double or whipped; sweetened or unsweetened	tablespoons
Crisps		packets
Custard	pouring custard or egg custard	tablepoons
Doughnut	jam, cream, iced, sugared	number
Egg	how was it cooked: boiled, fried, scrambled, poached, omelette, etc.	number
Fish	what sort: fried, boiled, grilled, poached; with batter or breadcrumbs; in tin with oil or ketchup	helping
Fish cakes or fingers	large, medium or small size; what sort; large or small	number

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Fruit – fresh	what sort	number
Fruit – canned	what sort: sweetened or unsweetened	tablespoons
Fruit – juice	what sort: sweetened or unsweetened	cups
Gravy	thick or thin	tablespoons
Honey		teaspoons
Ice-cream	dairy or non-dairy; flavour	tablespoons
Jam		teaspoons
Kidney	large, medium or small helping	helping
Liver	large, medium or small helping	helping
Margarine	soft (in carton) or hard	thick, average or thin spread
Marmalade		teaspoons
Meat pie or pasty	what sort: large or small	number
Meat – roast	what sort: lean or fatty; large or small slices	number of slices
Milk – for drinking on its own or for cereals	what sort: ordinary silver top or Channel Island gold top; sweetened or unsweetened	cups
Minced beef (cooked on it's own)		tablespoons
Peanuts	dry roasted or ordinary salted	packets
Porridge	with sugar; with milk or cream	tablespoons
Potatoes	baked, boiled, mashed and creamed, fried/chips, instant, roast; with butter	tablespoons
Poultry – roast	what sort: e.g. chicken, turkey; large or small slices	slices
Pudding	what sort: e.g. steamed sponge; with fruit; pie (what sort); jelly; blancmange; mousse	tablespoons or slices
Rice	brown or white; boiled or fried	tablespoons
Salad	what sort: describe ingredients; with dressing; what sort of dressing (e.g. oil and vinegar, salad cream)	tablespoons
Sandwiches	what filling: wholemeal or ordinary bread; large or small loaf; thick, medium or thin slices; crusty or soft roll; with butter	number
Sauce – hot	(for vegetables, meat or fish; puddings) what sort; thick or thin	tablespoons
Sauce – cold	what sort: e.g. tomato ketchup, brown sauce	tablespoons
Sausages	what sort: e.g. pork, beef, pork and beef; large or small	number
Sausage rolls	large or small	number

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Scone	what sort: with currants, sweet or plain	number
Sherry	what sort: e.g. sweet, medium or dry	glasses
Snacks – in packet	what sort: e.g. cheese straws, twiglets, pretzels (give brand name)	packets
Soup	what sort: canned, packet instant or vending machine, homemade	tablespoons
Spaghetti	plain or from can	tablespoons
Spirits	what sort: e.g. whiskey, gin, vodka, rum	single measures as in pub
Steak	what sort: lean or fatty	large, medium, small piece
Sugar – added to cereals, tea, coffee, fruit, etc.		teaspoons
Sweets	what sort: e.g. toffees, boiled sweets or wrapped (give brand name)	number
Tea	with milk	cups
Vegetables	what sort: with butter	tablespoons
Wine	white, red; sweet, medium, dry	glasses
Yoghurt	what sort: e.g. with fruit, flavour, sugar	cartons
Made up dishes	what sort: e.g. vegetable, meat, poultry or mixed, stews; casseroles; dishes made using minced beef such as cottage or shepherd's pie, braised steak etc. Please say what the dish is called and give ingredients if you can. Write in the amount in table-spoons. If this does not apply, say whether you think it was a large, average or small portion.	
Foreign Food	what sort: e.g. pizzas, Chinese or Indian dishes etc. Please say what the dish is called and give ingredients if you can. Write in the amount in tablespoons or say if you think it was a large, average or small portion.	

DAY

DATE

BEFORE BREAKFAST

<i>Food/Drink</i>	<i>Description and Preparation</i>	<i>Amount</i>

BREAKFAST

<i>Food/Drink</i>	<i>Description and Preparation</i>	<i>Amount</i>

MID MORNING – between breakfast time and lunch time

<i>Food/Drink</i>	<i>Description and Preparation</i>	<i>Amount</i>

LUNCH

<i>Food/Drink</i>	<i>Description and Preparation</i>	<i>Amount</i>

TEA – between lunch time and the evening meal

<i>Food/Drink</i>	<i>Description and Preparation</i>	<i>Amount</i>

EVENING MEAL *and* UP TO LAST THING AT NIGHT

<i>Food/Drink</i>	<i>Description and Preparation</i>	<i>Amount</i>

BETWEEN MEALS, SNACKS AND DRINKS *if not already written in before*

<i>Food/Drink</i>	<i>Description and Preparation</i>	<i>Amount</i>
Chocolate
Toffees
Sweets
Crisps
Peanuts
Other Snacks
Beer
Wine
Sherry
Spirits
Other hot drinks
Other cold drinks
Yoghurt
Anything else?

*Space to write in the Recipe or Ingredients
of any made up dishes or foreign food
that you have mentioned if not already done above*

END OF DAY No.