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STRICTLY CONFIDENTIAL

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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. The nurse will show you how to keep the diary and leave an example to help you.

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 and 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, draw a line through that section. Record everything at the time of eating, *NOT* from memory at the end of the day.

Overleaf is a list of popular foods and drinks. Next to each item is the sort of thing we need to know so that we can tell what it is made of and how much you had. This list cannot cover all the foods and drinks that people may have, so try to relate to a similar item if any you have eaten are missing.

For some foods, you may find it easier to describe how much you had by comparing it to one of the pictures.

Many packet foods have weights printed on them, so please use these whenever possible.

At the end are some notes on recording made up dishes and foreign foods.

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 any extra items in here.

When the last day has been filled in, post the booklet back to us in the envelope provided.

It is very important that you do not adjust what you eat and drink just because you are keeping a record. Please stick to your usual diet!

THANK YOU FOR YOUR HELP

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Bacon	lean or streaky; fried or gilled rashers	number of
Baked beans		tablespoons or tin size or picture 12
Beefburger (hamburger)	fresh or from a packet or take away; fried or grilled; large or small; with or without bread roll	number
Beer	stout, bitter, lager; draught, bottled, low alcohol, homemade	number of pints and half pints
Biscuits	plain; savoury; cheese, crispbread, sweet, chocolate, wafer; home-made; include biscuits like Kit-Kat and Penguin; write in the name if you can	number
Bread (see also sandwiches)	wholemeal, white or brown; currant, fruit/malt; large or small loaf; thick, medium or thin slices; sliced or unsliced	number of slices
Bread rolls (see also crusty or soft sandwiches)	wholemeal, white or brown. Alone or with filling (see sandwiches). Crusty or soft	number of rolls
Breakfast cereal	what sort; cornflakes, weetabix, muesli etc	number of biscuits or tablespoons or picture 1
Bran		tablespoons
Bun	what sort; iced, currants; sweet or plain; large or small	number
Butter for bread	ordinary or low fat	thick, average, thin spread
Cake – small	what sort: cream, iced; sort of filling	number
Cake – large	what sort: cream, fruit, iced; sort of filling	slices, see picture 13 & 14
Cheese	what sort: cream, cottage, hard; low fat; write in the name if you can; large, medium, small helping	tablespoons or picture 2
Chips	large, medium, small helping	see picture 7
Chocolate	what sort; diabetic. Give brand name	number or bar size
Chops	what sort; lean or fatty; large or small; fried, grilled or baked	number
Coffee	with milk; ½ milk/½ water; all milk	cups or mugs
Cooking oil	type; brand name	
Cream	single, double or whipped, low fat; sweetened or unsweetened	tablespoons
Crisps	brand name; low fat; low salt	size of packet
Custard	pouring custard or egg custard	tablespoons
Doughnut	jam, cream, iced, sugared	number
Egg	how was it cooked: boiled, fried, scrambled, poached, omelette, etc	number

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Fish	what sort: fried, boiled, grilled, poached; with batter or breadcrumbs; in tin with oil or ketchup	helping, see picture 6
Fish cakes or fingers	what sort; large, medium or small size; fried or grilled	number
Fruit – fresh	what sort	number
Fruit – stewed/canned	what sort: sweetened or unsweetened	tablespoons
Fruit – juice	what sort: sweetened or unsweetened	glasses or cups
Gravy	thick or thin	tablespoons
Honey		teaspoons
Ice-cream	dairy or non-dairy; flavour or variety	number or tablespoons
Jam	specify if low sugar	teaspoons
Kidney	pig, lamb, ox; fried or stewed	number or helping, see picture 5
Liver	pig, lamb, ox; fried or stewed	helping, see picture 4
Margarine	soft (in carton) or hard; low fat; give brand name	thick, average or thin spread
Marmalade	specify if low sugar	teaspoons
Marmite/Bovril	what sort	½, ¼, whole teaspoons
Meat pie or pasty	what sort: individual or helping	number: picture 3
Meats	what sort: lean or fatty; how cooked, with or without gravy	slices or helping, pictures 4 & 5
Milk – for drinking on its own or for cereals	full cream, silver top, semi-skimmed, skimmed, sterilised, UHT, flavoured, powered, soya	glasses or cups
Minced beef	on its own: with vegetables	tablespoons or see picture 5
Peanuts	dry roasted or ordinary salted	size of packet
Porridge	with sugar; with milk or cream	tablespoons
Potatoes	baked, boiled, mashed and creamed, fried/chips, instant, roast; with butter	tablespoons: see pictures 10 & 11
Pudding	what sort: eg steamed sponge; with fruit; pie (what sort); jelly; blancmange; mousse: instant desserts, milk puddings	tablespoons or slices or pictures 3, 13 & 15
Rice	brown or white; boiled or fried	tablespoons or picture 8
Salad	describe ingredients, with dressing; what sort of dressing (eg oil and vinegar, salad cream)	tablespoons
Sandwiches and rolls	wholemeal, white or brown bread; what filling: butter or margarine: large or small loaf; thick, medium or thin slices	number of rolls or slices of bread

<i>Food/Drink</i>	<i>Description & Preparation</i>	<i>Amount</i>
Sauce – hot	(for vegetables, meat or fish; puddings) what sort; savoury or sweet; thick or thin	tablespoons
Sauce – cold	what sort: eg tomato ketchup, brown sauce; salad cream; sweet or savoury	tablespoons
Sausages	what sort: eg pork, beef, pork and beef; low fat; large or small; how cooked	number
Sausage rolls	large or small	number
Scone	what sort: with currants, sweet or plain; cheese	number
Sherry	what sort: eg sweet, medium or dry: at home or in pub	glasses
Snacks – in packet	what sort: eg cheese straws, twiglets, pretzels (give brand name)	packet size
Soft drinks	squash, undiluted or diluted: fizzy drinks; low calorie; give brand name	glasses or cans
Soup	what sort: canned, packet instant or vending machine, homemade	tablespoons, mug
Spaghetti/pasta	canned in sauce, plain boiled	tablespoons or see picture 9
Spirits	what sort: eg whisky, gin, vodka, rum; at home or in pub	single measures as in pub
Sugar	added to cereals, tea, coffee, fruit etc	heaped or level teaspoons
Sweets	what sort: eg toffees, boiled sweets or wrapped (give brand name); diabetic	number
Tea	with/without milk	cups or mugs
Vegetables	what sort: with butter: how cooked or raw	tablespoons
Wine	white, red; sweet, medium, dry	glasses
Yoghurt	what sort: eg with fruit, natural, plain; flavour; low fat	cartons, tablespoons
Made up dishes	what sort: eg vegetable, cheese, fish, meat poultry or mixed, stews; casseroles; dishes made using minced beef such as cottage or shepherd's pie, etc; home made puddings, cakes and biscuits. Please say what the dish is called and give ingredients if you can. Write in the amount eaten in tablespoons, or as a large, average or small portion in comparison to one of the pictures.	
Foreign food	what sort: eg pizzas, Chinese or Indian dishes etc. Please say what the dish is called and give ingredients if you can. Write in the amount eaten in tablespoons or as a large, average or small portion in comparison to one of the pictures.	

Use the pictures to help you to indicate the size of the portion you have eaten. Write on the food record the picture number and size A, B or C nearest to your own helping.

The pictures could also be used for foods not shown, eg, fruit crumble might be similar to shepherd's pie, fruit cake similar to veal and ham pie, and baked beans similar to peas.



1A

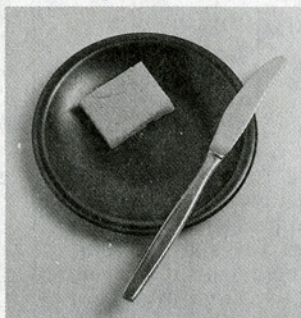


1B

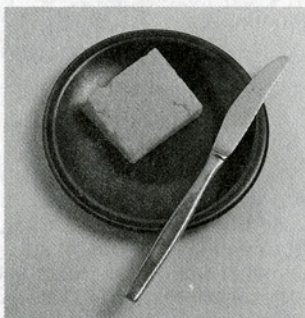
Cornflakes



1C

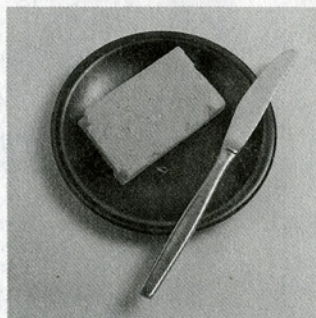


2A



2B

Cheddar Cheese



2C



3A

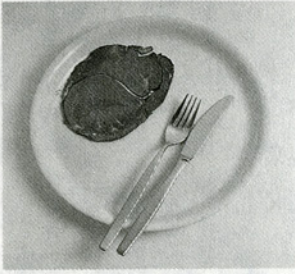


3B

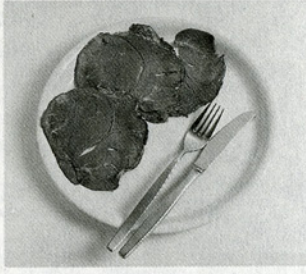
Pie



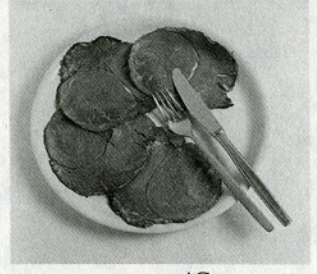
3C



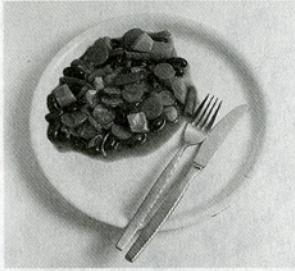
4A



4B
Meat



4C



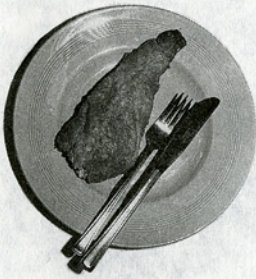
5A



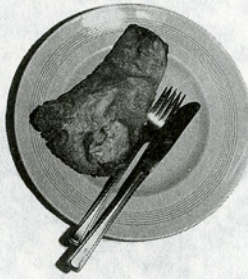
5B
Meat or Vegetable Stew



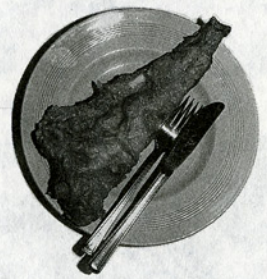
5C



6A



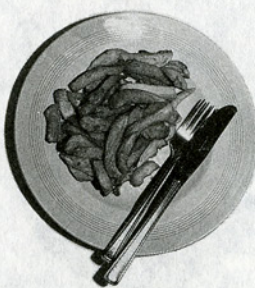
6B
Fish



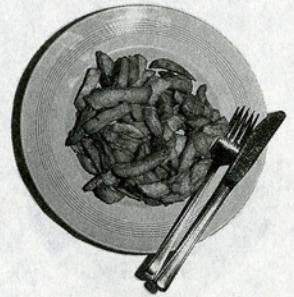
6C



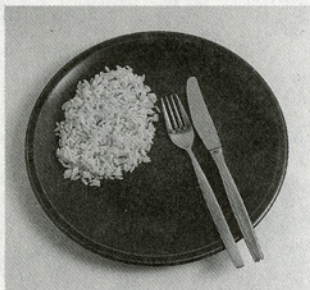
7A



7B
Chips



7C



8A

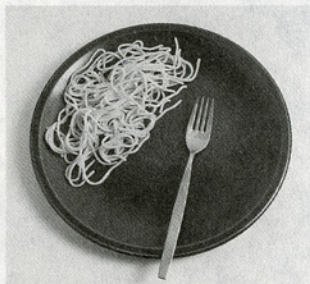


8B

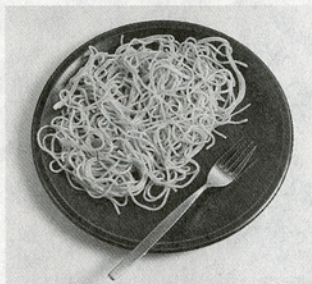
Rice



8C



9A

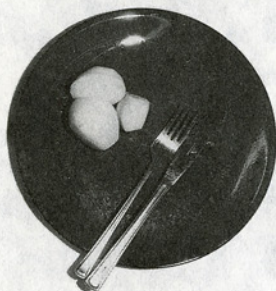


9B

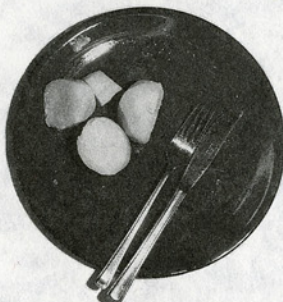
Spaghetti



9C

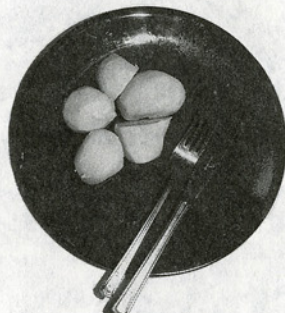


10A



10B

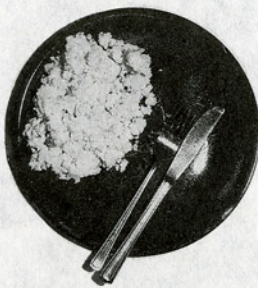
Potatoes



10C



11A

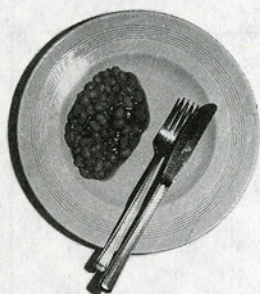


11B

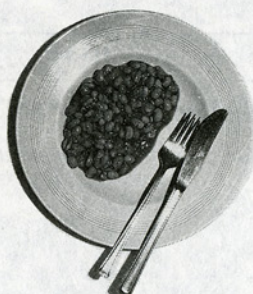
Mashed Potato



11C



12A



12B



12C

Baked Beans



13A

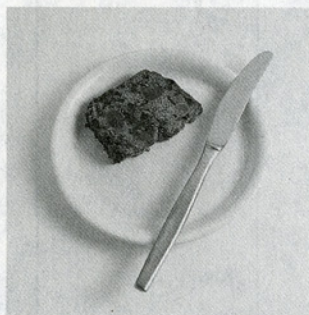


13B

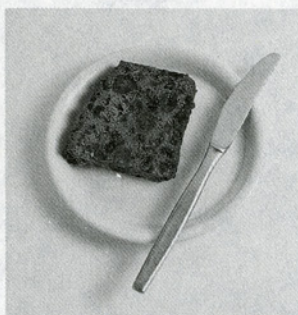


13C

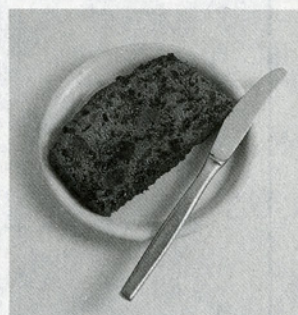
Sponge Cake



14A

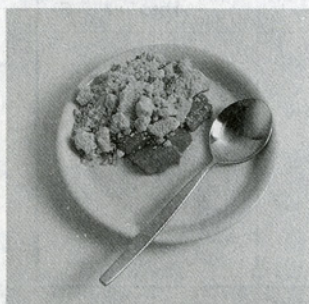


14B

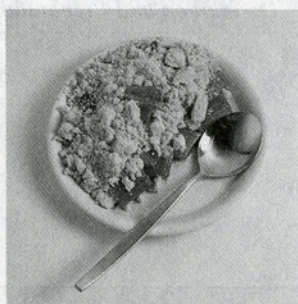


14C

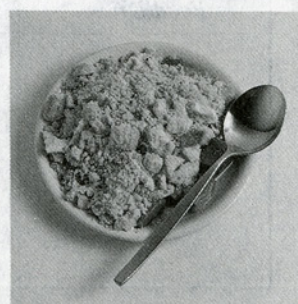
Fruit Cake



15A



15B



15C

Fruit Crumble

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>

DAY..... DATE.....

EVENING MEAL

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

LATER EVENING – 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 cold drinks
Tea
Coffee
Other hot drinks
Ice cream
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.