

Analysing your food diary

Worksheet

The following worksheet enables you to analyse your own diet from your food and activity diary.

This analysis is to illustrate and compare with UK diet and activity levels and should not be used diagnostically. Any concerns raised about your diet or activity levels should be discussed with your health care provider.

Some of this analysis is adapted from the EPIC-Norfolk Food Frequency Questionnaire. We would like to acknowledge the contribution of the staff and participants of the EPIC-Norfolk Study. EPIC-Norfolk is supported by the Medical Research Council programme grants (G0401527, G1000143) and Cancer Research UK programme grant (C864/A8257).

Collating Your Food Data

1. Looking at your food diary, on average how many times per week did you eat the following foods (medium servings)?

You will need to add up the total number of times you consumed these foods and then divide by the number of weeks recorded.

- Answer: _____.

Tick the relevant box below:

FOODS	Never	Once a week	2-4 per week	5-6 per week	7-8 per week	9-10 per week	11-12 per week	13 or more per week
Oily Fish (excludes white fish and tinned tuna)								
Red and processed meat (excluding poultry)								

2. Looking at your food diary, on average how many times per day did you eat the following foods (80g or medium servings)?

You will need to add up the total number of times you consumed these foods and then divide by the number of days recorded.

- Answer: _____.

Tick the relevant box below:

FOODS	Never	Once a day	2-4 per day	5-6 per day	7-8 per day	9-10 per day	11-12 per day	13 or more per day
Vegetables (excluding potato)								
Salads								
Fruits (excluding fruit juices)								
Total fruit, vegetables and salad (from above)								

3. Looking at your food diary, on average how many different coloured foods did you eat per day?

For this question bread, rice, pasta, potato and cereal are all beige whilst meat and poultry are brown.

- Answer: _____.

Tick the relevant box below:

FOOD COLOURS	One per day	2-4 per day	5-6 per day	7-8 per day	9-10 per day	11-12 per day	13 or more per day
Number of different coloured foods							

4. Looking at your food diary, on average how often did you add salt to food?

If you didn't record use of salt, answer this question from memory.

- Answer: _____.

Tick the relevant box below:

Food	Never	Rarely	Sometimes	Usually	Always
When cooking					
At the table					

Analysis of Your Food Data

The National Diet and Nutrition Survey (NDNS) collected data from over 6800 people in the UK between 2008 and 2011 and reports both the typical and recommended values of consumption of key foods in the UK.

The report can be found at <https://www.gov.uk/government/publications/national-diet-and-nutrition-survey-results-from-years-1-to-4-combined-of-the-rolling-programme-for-2008-and-2009-to-2011-and-2012> (executive summary) and states:

Food	Typical UK Consumption	UK Recommendation
Oily fish (includes: anchovies, carp, trout, mackerel, herring, jack fish, pilchards, salmon (including canned), sardines, sprats, swordfish, tuna (fresh only) and whitebait).	54 g/week for 19-64 year olds 90 g/week for >65 year olds	2 x 140g portions of fish per week, of which 1 portion should be oily fish (for all ages) (ie. 140g oily fish) ¹ (1 standard tin of tuna/salmon contains 160g undrained, or ~120g drained fish; 1 medium sized fillet of fish is about 80g)
Red and processed meat (includes: beef, lamb, pork, sausages, burgers and kebabs, offal, processed red meat and other red meat).	71 g/day for 19-64 year olds 63 g/day for >65 year olds	Should not exceed 70g per day for adults ² (this equates to about 1 and a bit sausages or just over half a quarter pounder etc.)
Fruit and Vegetables (excludes potato)	2.85 portions/day for 11-18 year olds 4.1 portions/day for 19-64 year olds 4.6 portions/day for >65 year olds	At least 5 portions (80g or medium servings) per day for those aged 11 years and over ³
Salt	6.6 g/day for 11-18 year olds 8.1 g/day for 19-64 year olds ⁴ 7.2 g/day for >65 year olds	Should not exceed 6 g/day for those aged 11 years and over ⁵

The NDNS gives the following sources for their information (all other values were determined from within the NDNS):

1. Oily Fish: Scientific Advisory Committee on Nutrition. Advice on fish consumption: benefits and risks. London: TSO, 2004.
2. Red Meat: Scientific Advisory Committee on Nutrition. Iron and Health. London: TSO, 2010.
3. Fruit and Vegetables:
<http://www.nhs.uk/Livewell/5ADAY/Pages/Why5ADAY.aspx> ;
<http://www.who.int/mediacentre/news/releases/2003/pr84/en/> ;
<http://www.who.int/dietphysicalactivity/publications/trs916/kit/en/>
4. Salt: <https://www.gov.uk/government/publications/assessment-of-dietary-sodium-levels-among-adults-aged-19-64-in-england-2011>
5. Salt: Department of Health. Report on Health and Social Subjects: 46. Nutritional Aspects of Cardiovascular Disease. HMSO (London, 1994). ; Scientific Advisory Committee on Nutrition (2003). Salt and Health. The Stationery Office. http://www.sacn.gov.uk/pdfs/sacn_salt_final.pdf (accessed 22/04/14)

Your Food Analysis

1. Is your average consumption of oily fish, red and processed meat, fruit and vegetables, and salt above, the same as, or below the typical UK consumption (for your age).

Food	Above	The same as	Below	Unsure
Oily fish				
Red and processed meat				
Fruit and vegetables				
Salt				

2. Is your average consumption of oily fish, red and processed meat, fruit and vegetables, and salt above, the same as, or below the UK recommendations?

Food	Above	The same as	Below	Unsure
Oily fish				

Red and processed meat				
Fruit and vegetables				
Salt				

In the discussion step you will be able to anonymously enter your information so you can compare your data to the course averages and discuss the results.

Are you surprised by the results?