

FOOD DIARY

Template

Completing this diary is an optional activity. This diary is adapted from the European Prospective Investigation of Cancer (EPIC)-Norfolk 7 day diet diary and the Core Questions on Physical Activity in EPIC Baseline Questionnaires.

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Name:	
Date:	Day of the week:

Record all food and drink consumed and the amounts (slices / glasses / portions)

BEFORE BREAKFAST	
Food/Drink	Amounts (eg Medium sized portion or small glass or number of items)

BREAKFAST	
Food/Drink	Amounts

MID-MORNING – between breakfast time and lunch time	
Food/Drink	Amounts

LUNCH	
Food/Drink	Amounts

TEA – between lunch and the evening meal	
Food/Drink	Amounts

EVENING MEAL	
Food/Drink	Amounts
SUPPER / OVERNIGHT – between evening meal and rising the following morning	
Food/Drink	Amounts