

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.

We would like to acknowledge the contribution of the staff and participants of the EPIC-Norfolk Study and also the Epidemiology Unit, Medical Research Council, Cambridge, UK.

EPIC-Norfolk is supported by the Medical Research Council programme grants (G0401527,G1000143) and Cancer Research UK programme grant (C864/A8257).

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