DIET DIARY

Write What You Eat & Drink Daily

Diet Dairy

- This is a record or a log of your daily meals
- You will be writing in this dairy daily for 7 days and will need to record all the food and drinks, you have consumed each day

How would filling this diary benefit you?

- You will be able to think about the food items you choose, the amount you take, Whether your food intake is adequate, inadequate or whether you over-eat
- You will be able to know whether you are taking your meals on time or whether you delay them unnecessarily or whether you skip the meals
- You will be able to know whether you are taking a balance diet or not when you record each food item of a meal
- You will be able to know your dietary behavior, e.g. whether you eat frequently from outside (eg: restaurants, hotels etc)
- You will be able to know the good and the bad things related to your meals and eating pattern and will be able to control such behaviors
- Filling this diet diary will help your medical officer or health care worker to provide you a detailed explanation of the quality of your diet and advise you on improving your diet

How to fill this diet dairy:

1. You should enter all the food and drinks you take within the day in the page allocated for the day.
2. The correct quantity of all the food and drink items you have consumed should be entered, as much as possible.
3. The pictures of common Sri Lankan food items and their usual portion sizes are provided here as a guide (page number 6 to page number 11). Please refer to them carefully before you start filling the diary.
4. The utensils such as cups, glasses and spoons we use to measure, eat or drink are shown in the images (Page number 6). Please select and mention the types of spoons, cups and glasses you use in your house to measure, eat or drink.
5. When you enter the quantity you can refer the pictures and the numbers given to each item and use them.

   E.g.: If you have taken string hoppers, you can write as “two portions of number 27”
6. A separate table is provided to enter the amount of water and the drinks.
7. The pictures of the cups and the glasses are provided in the picture guide (Page number 6) . You can refer them and mention the correct amount you have consumed.

Please check whether you have entered all the food items and drinks you have consumed

Filling the tables of the diary

Table A :

The meal type is documented in the first column. Please mention the time that you have taken the meal.

Please mention the food and drink items in the second column. If you can please mention the preparation type of food or drink item. It would be much helpful for the analysis Eg: Bread with butter spread, Pumpkin curry with coconut milk, Fried fish, chicken stew

Please mention the amount consumed in the third column.

Please mention your hunger level before the meal and after meal in the fourth column.

Red – Extremely hungry Yellow- Hungry Green – Not Hungry

Light Blue – Satisfied Dark Blue – Too full

Please mention the place you had your meal in the fifth column.

Please mention with whom you had the meal or you had your meal alone in the sixth column.

In the seventh column please mention your mood while you were taking your meal. It is important to mention this since your mood is a deciding factor of your meals.

Table B:

If you have forgotten simple things that you have taken during the day for example: a toffee, some pickle , you can enter in table B as missed items with the amount

Table C:

The amount of water you have taken during the day can enter in table C as number of glasses, mugs or number of bottles .

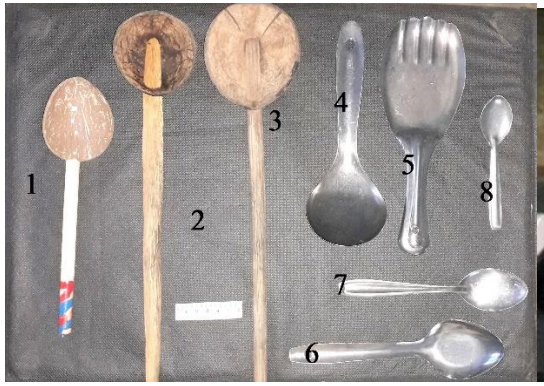
Table D:

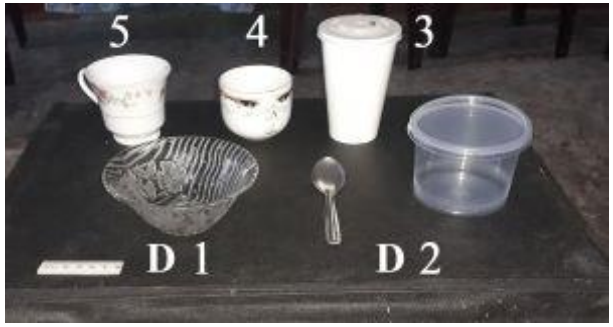
The drinks you missed to enter in table A can enter in table D as number of glasses (G), number of cups(C) or number of mugs(M).

One page is filled as an example for you to refer (Page number 12).

Picture Guide

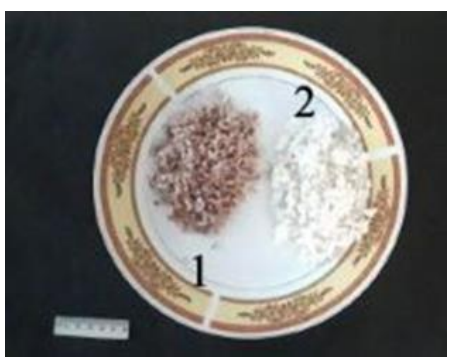
The utensils we use in the kitchen: Different types of spoons, drinking utensils and dessert cups

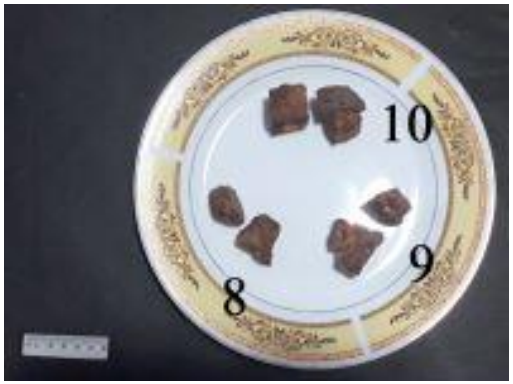




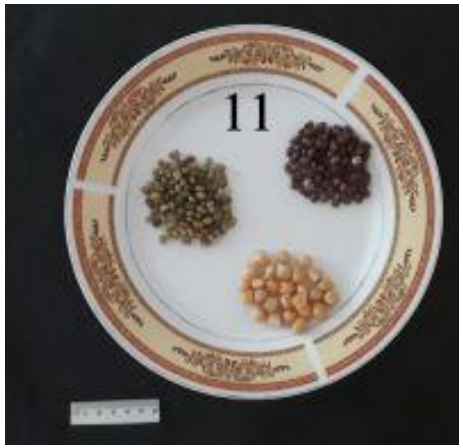
Please write the number mentioned in the above pictures of the spoon/ drinking cup or glass/ dessert cup, you use on a daily basis					
Food Item	Rice	Vegetable	Water	Tea	Dessert
Number					

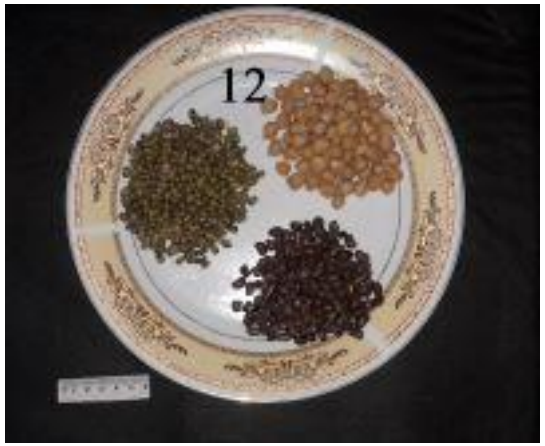
Main meal components: Rice, Vegetables, starchy vegetables, Leafy vegetables, Dry fish, Fish or Meat

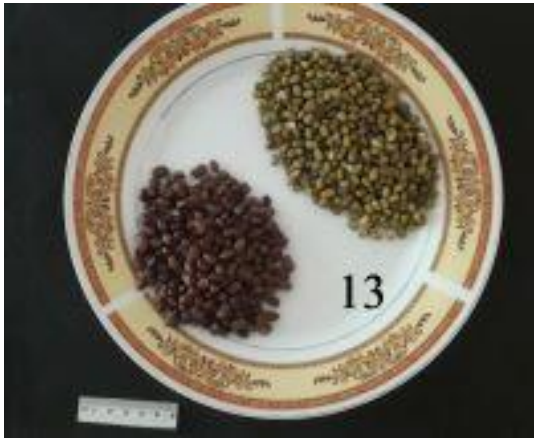




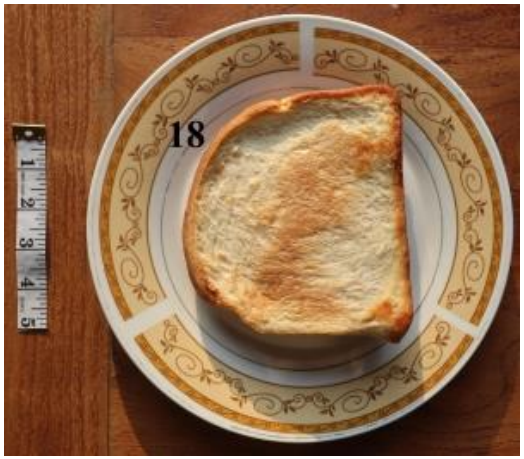
Pulses, cereals and Yams



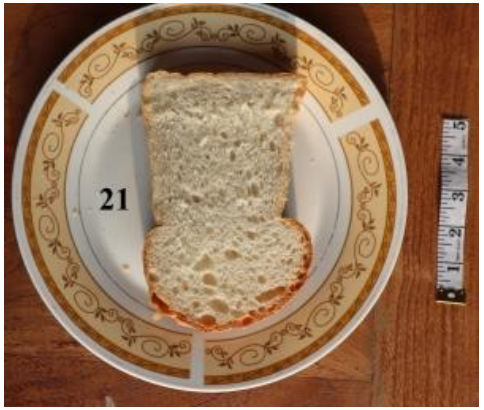




Bread

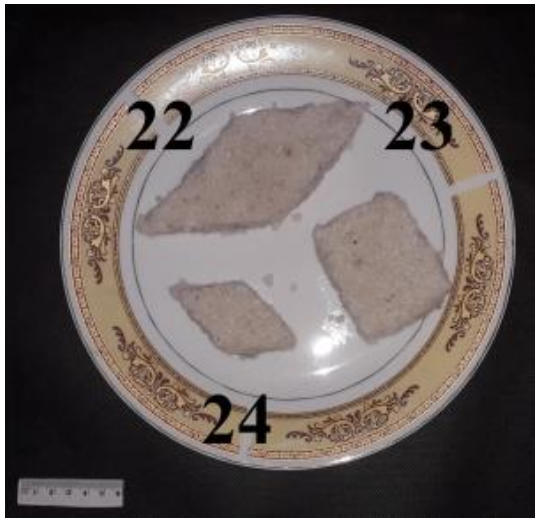


16- Sandwich bread 17- Supermarket bread 18- Roast bread 19 – half a bread 20 – quarter a bread



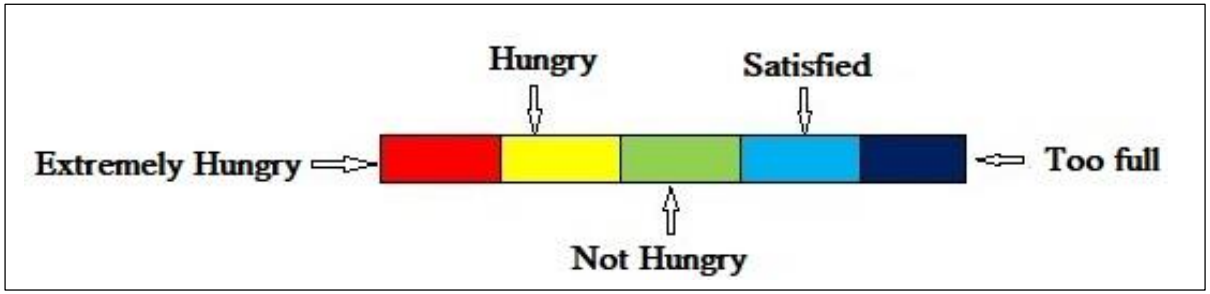
21 – A slice of bread we cut from the bread at home

Other: Milk rice, Coconut Roti, Pittu, String hoppers, hoppers



Other: Wade, Ulundu Wade, Paratha, Egg Rotti, Thosei

Hunger Level Presentation



Date: 27/03/20204 Day: Wednesday

Table A

Meal	Food and drink items	Amount	Hunger level	where		With whom	Mood
Bed Tea	Milk tea (2 tsp milk powder, 1 tsp sugar)	1 mug (No:2)					
Breakfast Time: 5.30	bread with butter spread	2 slices (no:16)	Before Meal  After Meal 	Home Work Place Out side	√	Alone √ Family Friends Colleagues Unknown	Happy
Snack Time: 10	Cream cracker biscuits Mixed fruit juice	2 1 glass (No:3)					
Lunch Time: 12.45	Egg fried rice with carrot, leeks Chicken stew Vanila Ice cream	4 portions of No: 2 1 portion of No: 1 1 cup No: D1	Before Meal  After Meal 	Home Work Place Out side	√	Alone Family Friends √ Colleagues Unknown	Busy
Snack Time: 3	Vegetable Sandwich Plain tea	1 1 cup					
Dinner Time: 8.30	Vegetable soup Yogurt	1 cup No: D1 1 cup	Before Meal  After Meal 	Home Work Place Out side	√	Alone Family √ Friends Colleagues Unknown	Tired but happy

Table B : Missed food items	
Type of food item	Amount
toffee	1

Table C: Amount of water	
 Glass	3
 Mug	4
 Bottle	1

Table D: Missed drinks per day			
Type of drink	Amount (G = Glass, C= Tea Cup, M= Mug)		
King coconut	G 2	C	M
	G	C	M
	G	C	M

Date:	Day:

Table A

Meal	Food and drink items	Amount	Hunger level	where	With whom	Mood
Bed Tea						
Breakfast Time:			Before Meal  After Meal 	Home Work Place Out side	Alone Family Friends Colleagues Unknown	
Snack Time:						
Lunch Time:			Before Meal  After Meal 	Home Work Place Out side	Alone Family Friends Colleagues Unknown	
Snack Time:						
Dinner Time:			Before Meal  After Meal 	Home Work Place Out side	Alone Family Friends Colleagues Unknown	

Table B : Missed food items	
Type of food item	Amount

Table C: Amount of water	
 Glass	
 Mug	
 Bottle	

Table D: Missed drinks per day			
Type of drink	Amount (G = Glass, C= Tea Cup, M= Mug)		
	G	C	M
	G	C	M
	G	C	M
	G	C	M

Date:	Day:

Table A

Meal	Food and drink items	Amount	Hunger level	where	With whom	Mood
Bed Tea						
Breakfast Time:			Before Meal  After Meal 	Home Work Place Out side	Alone Family Friends Colleagues Unknown	
Snack Time:						
Lunch Time:			Before Meal  After Meal 	Home Work Place Out side	Alone Family Friends Colleagues Unknown	
Snack Time:						
Dinner Time:			Before Meal  After Meal 	Home Work Place Out side	Alone Family Friends Colleagues Unknown	

Table B : Missed food items	
Type of food item	Amount

Table C: Amount of water	
 Glass	
 Mug	
 Bottle	

Table D: Missed drinks per day			
Type of drink	Amount (G = Glass, C= Tea Cup, M= Mug)		
	G	C	M
	G	C	M
	G	C	M
	G	C	M

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Meal	Food and drink items	Amount	Hunger level	where	With whom	Mood
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Breakfast Time:			Before Meal  After Meal 	Home Work Place Out side	Alone Family Friends Colleagues Unknown	
Snack Time:						
Lunch Time:			Before Meal  After Meal 	Home Work Place Out side	Alone Family Friends Colleagues Unknown	
Snack Time:						
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 Mug	
 Bottle	

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	G	C	M
	G	C	M
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Snack Time:						
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Snack Time:						
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 Glass	
 Mug	
 Bottle	

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	G	C	M
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	G	C	M
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Snack Time:						
Lunch Time:			Before Meal  After Meal 	Home Work Place Out side	Alone Family Friends Colleagues Unknown	
Snack Time:						
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	G	C	M
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Date:	Day:

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Lunch Time:			Before Meal  After Meal 	Home Work Place Out side	Alone Family Friends Colleagues Unknown	
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	G	C	M
	G	C	M
	G	C	M
	G	C	M

We Will Give You the Feedback