

Diet Analysis

Do you have a healthy diet? Do you get enough protein, or do you have too much saturated fat or salt in your diet? Find out by filling out this food diary and getting your diet analysed.

<u>Name:</u>	<u>Date of Birth:</u>
<u>Sex:</u>	<u>Height:</u>
<u>Weight:</u>	<u>Goal: Lose / maintain / gain weight</u>
<u>Address:</u>	
<u>Phone:</u>	<u>Email:</u>
<u>Tick what activity level describes your "usual" week:</u>	
<ul style="list-style-type: none">• Little or no exercise and desk job• Light exercise or sports 1-3 days a week• Moderate exercise or sports 3-5 days a week• Hard exercise or sports 6-7 days a week• Hard daily exercise or sports and physical job	

Important instructions

Fill out this food diary for 7 consecutive days.

Write *everything* you eat and drink in this time. Don't be embarrassed or leave things out.

This is not a test.

Use as much detail as possible. It is better to have too much detail than too little.

Important details to remember include:

- Use amounts of food/drink. Use approximate measurements where possible. Eg "half a 330gram jar of Dolmio sauce".
- Use brand names where possible. Eg "M&S double chocolate gateaux" instead of "chocolate sponge cake".
- Approximate time consumed. Eg "8am-ish: Breakfast."
- Your major emotions at the time. Eg "I was starving" or "I wasn't hungry but ate it anyway".
- Added extras. Eg "2 sugars in my tea", or "salt on my chips".

Once the diary is completed, return it to me with the fee and arrange a time to receive the final report.

Remember - the more accurate and complete your diary, the more accurate and complete the final report can be.

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Day 1

<u>Time/Meal</u>	<u>Food/Drink</u>	<u>Quantity</u>	<u>Emotions/Feelings</u>

Day 2

<u>Time/Meal</u>	<u>Food/Drink</u>	<u>Quantity</u>	<u>Emotions/Feelings</u>

Day 3

<u>Time/Meal</u>	<u>Food/Drink</u>	<u>Quantity</u>	<u>Emotions/Feelings</u>

Day 4

<u>Time/Meal</u>	<u>Food/Drink</u>	<u>Quantity</u>	<u>Emotions/Feelings</u>

Day 5

<u>Time/Meal</u>	<u>Food/Drink</u>	<u>Quantity</u>	<u>Emotions/Feelings</u>

Day 6

<u>Time/Meal</u>	<u>Food/Drink</u>	<u>Quantity</u>	<u>Emotions/Feelings</u>

Day 7

<u>Time/Meal</u>	<u>Food/Drink</u>	<u>Quantity</u>	<u>Emotions/Feelings</u>