Appendix A

Armed Forces Feeding Project

Name .....

Service No......

Start Date .....

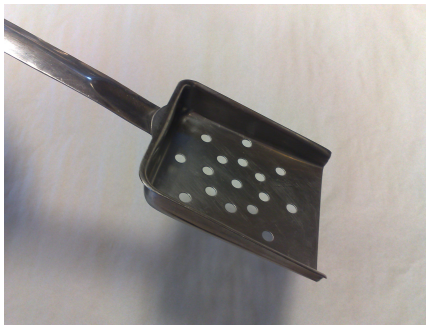
FOOD DIARY

Instructions

Example Serving Utensils:

Spoon

Slotted Spoon



Scoop

Large Ladle

Small Ladle

Tongs

How to complete this booklet

- Please use this booklet to record **all** food and drinks consumed over the next **4 days.**
- For **Breakfast, Lunch and Dinner** in the dining room or elsewhere, complete the relevant form for each day.
- Record **all** other **snacks and drinks** between meals on the corresponding form for that day.
- It is important to give as much detail as possible to describe the **food item, portion size and where it was from** (e.g. small portion of homemade lasagne or large meat feast pizza from Pizza Hut)
- There is space for any additional notes or information at the bottom of the snacks and drinks form.
- If you have any questions, please speak to a member of the Project Team.

Breakfast

	Quantity	Leftovers
Hot choice: _ _ _ _ _ _ _ _ _ _ _ _	spoons	spoons
Pasta	spoons	spoons
Boiled Rice	spoons	spoons
Rice krispies & milk	bowls	
Cornflakes & milk	bowls	
Weetabix & milk	bowls	
Branflakes & milk	bowls	
Cocopops & milk	bowls	
Sugar	spoons	
Other items:	**How much:**	**Leftovers**

	How many	Leftovers
White Bread/Toast	slices	
Brown Bread/Toast	slices	
Tomato sauce		
Brown sauce		
Salt		
Salad cream		
Flora		
Jam/marmalade		
Apple or pear		
Orange		
Banana		
Squash*	ml	
Tea/coffee – black*	ml	
Tea/coffee – white*	ml	
Sugar in tea/coffee	spoons	

Description of Snack Food or Drink Since Last Meal	**Quantity**

* Cup = 200ml, Mug = 300ml, Sports bottle = 500ml or 750ml, black RM bottle = 1L

Lunch

	Quantity	Leftovers
Main course: _	spoons/ portions	spoons/ portions
Pizza: Topping _ _ _ _ _ _ _	slices	slices
Baguette: Egg Tuna Cheese Meat	_ _	_ _
Chips	scoops	scoops
Baked half potato		
Pasta	spoons	spoons
Plain Rice	spoons	spoons
Fried Rice	spoons	spoons
Vegetables: Sweetcorn Peas Other: _ _ _ _ _ _ _ _	_ _ _ _ spoons _ _ _ _ spoons _ _ _ _ spoons	_ _ _ _ spoons _ _ _ _ spoons _ _ _ _ spoons
Baked beans	spoons	spoons
Gravy	ladles	ladles
Coleslaw	spoons	spoons
Pasta salad	spoons	spoons
Green salad	spoons	spoons
Other:		

	How many	Leftovers
White Bread	slices	slices
Brown Bread	slices	slices
Tomato sauce		
Brown sauce		
Salt		
Salad cream		
Flora		
Apple/pear		
Orange		
Banana		
Squash/Fruit drink*		
Other items	**How much**	**Leftovers**

Description of Snack Food or Drink Since Last Meal	Quantity

* Cup = 200ml, Mug = 300ml, Sports bottle = 500ml or 750ml, black RM bottle = 1L

Dinner

	Quantity	Leftovers
Main course: _	spoons/ portions	spoons/ portions
Roast Potato	spoons	spoons
Boiled Potato	spoons	spoons
Plain Rice	spoons	spoons
Fried Rice	spoons	spoons
Vegetables: _	_ _ _ spoons _ _ _ spoons _ _ _ spoons	_ _ _ spoons _ _ _ spoons _ _ _ spoons
Gravy	ladles	ladles
Pudding: _ _ _ _ _ _ _ _ _ _	spoons/ portions	spoons/ portions
Custard	ladles	ladles

	How many	Leftovers
White Bread	slices	slices
Brown Bread	slices	slices
Tomato sauce		
Brown sauce		
Salt		
Salad cream		
Flora		
Apple/pear		
Orange		
Banana		
Squash/Fruit drink*	ml	ml
Other items	**How much**	**Leftovers**

Description of Snack Food or Drink Since Last Meal	Quantity

* Cup = 200ml, Mug = 300ml, Sports bottle = 500ml or 750ml, black RM bottle = 1L

Note: Repeat meals are included – on the three meals per day cycle – in the food diary for the number of days completed as part of the measurement window.