**Food diary**

Last name: ……………………………….

First name: ……………………………….

Date of birth: ……………………………….

The purpose of this food diary is to gain an insight into your eating habits.

Please make a note of your food, drink and exercise over the course of 4-6 days.

The more detailed your notes are, the more effectively targeted feedback can be given.

Thank you for your support.

Sports Medicine Nottwil (SPC)

Wilma Schmid-Emmenegger

Guido A. Zäch Strasse 1

6207 Nottwil, Switzerland

+41 41 939 66 00 / wilma.schmid@sportmedizin-nottwil.ch

|  |  |
| --- | --- |
| **EXAMPLE DAY** |  |
| Breakfast7 amAt home | What/how much/when/where?1 slice wheat bread, 1 portion butter,1 teaspoon jam, 300 ml coffee with milk |
| Snack9.30 amAt desk | What/how much/when/where?1 fruit yoghurt, 300 ml iced tea |
| Lunchtime12 pmIn restaurant | What/how much/when/where?1 veal schnitzel, 2 tablespoons gravy, ½ plate rösti, 1 portion beans, 1 small bowl crème caramel and 300 ml mineral water |
| Snack3.30 pmAt desk | What/how much/when/where?1 apple, 1 portion fruit quark and 300 ml Coca Cola |
| Evening6 pmAt home | What/how much/when/where?Two Vienna sausages, 1 tablespoon mustard, ½ plate potato salad, 1 slice wheat bread and 300 ml mineral water |
| Late-night snack8.30 pmAt home | What/how much/when/where?2 pralines, 300 ml chamomile tea |
| Total liquids consumed  | 1.7 litres |
| Exercise | What/when/how long?Jogging, 50 minutes before dinner |

|  |  |
| --- | --- |
| **DAY ONE** | **Date:**  |
| Breakfast | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Lunchtime | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Evening | What/how much/when/where? |
| Late-night snack | What/how much/when/where? |
| Total liquids consumed  |  |
| Exercise | What/when/how long? |

|  |  |
| --- | --- |
| **DAY TWO** | **Date:**  |
| Breakfast | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Lunchtime | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Evening | What/how much/when/where? |
| Late-night snack | What/how much/when/where? |
| Total liquids consumed  |  |
| Exercise | What/when/how long? |

|  |  |
| --- | --- |
| **DAY THREE** | **Date:**  |
| Breakfast | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Lunchtime | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Evening | What/how much/when/where? |
| Late-night snack | What/how much/when/where? |
| Total liquids consumed  |  |
| Exercise | What/when/how long? |

|  |  |
| --- | --- |
| **DAY FOUR** | **Date:**  |
| Breakfast | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Lunchtime | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Evening | What/how much/when/where? |
| Late-night snack | What/how much/when/where? |
| Total liquids consumed  |  |
| Exercise | What/when/how long? |

|  |  |
| --- | --- |
| **DAY FIVE** | **Date:**  |
| Breakfast | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Lunchtime | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Evening | What/how much/when/where? |
| Late-night snack | What/how much/when/where? |
| Total liquids consumed  |  |
| Exercise | What/when/how long? |

|  |  |
| --- | --- |
| **DAY SIX** | **Date:**  |
| Breakfast | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Lunchtime | What/how much/when/where? |
| Snack | What/how much/when/where? |
| Evening | What/how much/when/where? |
| Late-night snack | What/how much/when/where? |
| Total liquids consumed  |  |
| Exercise | What/when/how long? |