**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)

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| **EXAMPLE DAY** |  |
| Breakfast  7 am  At home | What/how much/when/where?  1 slice wheat bread, 1 portion butter,  1 teaspoon jam, 300 ml coffee with milk |
| Snack  9.30 am  At desk | What/how much/when/where?  1 fruit yoghurt, 300 ml iced tea |
| Lunchtime  12 pm  In 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 |
| Snack  3.30 pm  At desk | What/how much/when/where?  1 apple, 1 portion fruit quark and 300 ml Coca Cola |
| Evening  6 pm  At 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 snack  8.30 pm  At 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 |

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| **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? |

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| --- | --- |
| **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? |

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| **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? |

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| **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? |

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| **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? |

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| **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? |