

FOOD & DRINK INTAKE DIARY

- Hard Copy -

Name: _____

Date Completed: _____

Date of Birth: _____

Height: _____ Weight: _____

Type of exercise: Amount of time per week:

_____	_____
_____	_____
_____	_____

Use this booklet to record your measured dietary intake.

Email the completed form to:

eo@allergy.net.au

OR

Mail the completed booklet back to:

Reply Paid 61487
RPAH Allergy Unit,
9-11 Layton Street,
Camperdown NSW 2050

Any questions contact:

Annabel Clancy
Telephone (message): (02) 9515 3019
Fax: (02) 9519 8420
Email: eo@allergy.net.au

INSTRUCTIONS

1. Study the example on the opposite page.
2. Record all food and drink consumed over 4 consecutive days, including one weekend day as below:
Sunday, Monday, Tuesday and Wednesday

OR

Wednesday, Thursday, Friday, Saturday.
3. Record the day of the week on the top of the page.
4. Record the food consumed at each meal or snack and the time of the meal or snack.
5. Record the amounts of food or drink consumed as:
 - Cups or spoons.
 - Serving sizes listed on packets.
 - Weighed amounts, if necessary.
6. Include the cooking method.
7. Include Brand names.
8. Take special care to record accurately the amounts used of:
 - Margarine, butter and oil
 - Milk, Soy drink and Rice drink
 - Meat, Chicken and Fish
9. Record the recipe of home cooked meals on the “Recipe” pages at the back of the book.
10. When eating out, name the restaurant (e.g. McDonalds, Doyle’s Fish Restaurant, etc) and estimate the food and drinks consumed.

EXAMPLE

DAY 1: DIET TYPE: RPAH Elimination diet DAY OF WEEK: wednesday

Time and Remarks	Food and Drink	Amount (cups/spoons or gms/mls)	Cooking Method	Brand Names	Recipe Ingredients
7am	Breakfast: Soy Drink 1 elimination sausage: chicken fried in a tablespoon of oil 2 Fried eggs 2 pieces of rice bread Margarine on both slices: monounsaturated	1 cup 1 x 55g ¼ teaspoon 2 x 40g 2 x 20g 2 x 1tsp	Fried Fried Toasted	Sanitarium So Good Low Local butcher Basco GF/WF Farmland	
10.30am	Morning Snack: 1 gluten-free scone Margarine: as above Golden syrup Bottled spring water	20g 1 ½ tsp 2 tsp 170ml		Farmland Farmland: still	Recipe at back
12.30pm	Lunch: Left over fried rice Salad Pear Soda water	2 ¼ cups 1 cup 75g 150mL	Fresh - no skin		Recipe at back Recipe at back
3.30pm	Afternoon Snack: 2 Rice cakes Cream cheese	2 x 10g 2 x 1 tsp		Pure Harvest Philadelphia	
6pm	Dinner: Steak, rare, with fat on edge Potato Butter Choko Brussel sprouts Baked pear with Caramel sauce: not sure of ingredients Cream	13cm x 5 x 1 with fat 90g 2 tsp 2 x 4 x 2 x 2 pieces 2 heads 1 whole pear ½ cup 1/3 cup	Rump (White skin) in jacket Baked Baked Fresh, no skin, baked		
7.30pm	Evening Snack: Milk	300ml	Full cream	Dairy Farmers	
7.30pm	Vitamins & Minerals: Multivitamin	1 tablet		Centrum Multivitamins	

Day 1: DIET TYPE: _____

DAY OF WEEK: _____

Time and Remarks	Food and Drink	Amount (cups/spoons or gms/mls)	Cooking Method	Brand Names	Recipe Ingredients

Day 2: DIET TYPE: _____ DAY OF WEEK: _____

Time and Remarks	Food and Drink	Amount (cups/spoons or gms/mls)	Cooking Method	Brand Names	Recipe Ingredients

Day 3: DIET TYPE: _____ DAY OF WEEK: _____

Time and Remarks	Food and Drink	Amount (cups/spoons or gms/mls)	Cooking Method	Brand Names	Recipe Ingredients

Day 4: DIET TYPE: _____

DAY OF WEEK: _____

Time and Remarks	Food and Drink	Amount (cups/spoons or gms/mls)	Cooking Method	Brand Names	Recipe Ingredients

RECIPES

Example

Recipe and Ingredients	Brand Names	Cups/ spoons/ gms/ mls	Cooking Method
<p>Scone: recipe makes 10</p> <p>Potato flour Rice flour Baking powder Margarine: monounsaturated Milk</p> <p>1 scone weighs 50 grams</p>	<p>Wards Farmland Lite white</p>	<p>$\frac{3}{4}$ cup 1 cup 2 tsps 4 tbls $\frac{1}{4}$ cup</p>	<p>Oven</p>
<p>Fried Rice</p> <p>Long grain rice Cashew Paste Egg Beans-canned Prawns (fresh) Oil: sunflower</p>	<p>Calrose, white Golden Circle Prawns (fresh)</p>	<p>1 $\frac{1}{2}$ cups 1 tbls 20g $\frac{1}{4}$ cup 2 tbls</p>	<p>Boiled & Fried Fried Fresh, cooked to fry To fry All stir fried together</p>
<p>Salad</p> <p>Lettuce Bacon bits Avocado Mango Pine nuts Tomato Salad dressing: home made Vinegar Oil Cracked pepper Garlic $\frac{1}{2}$ cup weighs 70 grams</p>	<p>Cos Cherry Red wine Olive</p>	<p>2 leaves (10g) 20g 40g 60g 1 tblsp 15g 2 tblsp 1 tblsp $\frac{1}{4}$ tsp 2g</p>	

Recipe and Ingredients	Brand Names	Cups/ spoons/ gms/ mls	Cooking Method

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