

Wellbeing Services County of South Ostrobothnia
Health care and Rehabilitation Services
Department of Clinical Nutrition

4.1.2023

Food diary

Personal information

Name: _____

Address: _____

Birthday: _____

Height and weight: _____

Instructions

Write down every food or beverage you eat or drink **for three days**. Food tracking should describe **Your normal meals** so that two tracking days are normal weekdays and one day is Saturday or Sunday ("day off").

Track meals immediately after eating, including beverages, snacks, vitamin, and mineral supplements. Fill the food diary carefully. Track each day on its own page.

Note down the time of the meal and the place where you ate (e.g., home, school, restaurant, or workplace).

Write down the quality of the foods and beverages you eat and drink using brand names where possible (e.g., Juustoportti whole milk, Atria Italian Salami, Vaasan rye bread, Jalostaja beef soup or Domino biscuit). Pay special attention to quality of the food or beverage when recording dairy products, dietary fats, sausages and meat.

Specify cooking methods where possible (e.g., cooked, oven-baked, or pan-baked) and write the recipe if necessary.

You can use units such as a decilitre (dl), gram (g), piece (pcs), tablespoon (tbsp.) or teaspoon (tsp.) to estimate quantities. Weights marked on food packaging can also be used, for example, liquorice 11 g, chocolate bar 40 g or Karelian pie 9 pcs = 700 g.

Return

Send your food diary by mail 1–2 weeks before your appointment with a dietitian.

For food diaries from children, use the following address:

Seinäjoen keskussairaala
Lastenneurologian yksikkö, C1- osa
Ravitsemusterapeutti
Hanneksenrinne 7
60220 Seinäjoki

For food diaries from adults, use the following address:

Seinäjoen keskussairaala
Ravitsemusterapiayksikkö /
E - osa, 3. kerros
Hanneksenrinne 7
60220 Seinäjoki

Dietitian appointment: _____ / _____ 20_____ Time _____

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Example

 Date: 27.1.2023

 Weekday: Friday

Time	Place	Foods and ingredients	Amount
7.30	Home	Oatmeal cooked in water	2 dl
		Plant-based margarine (Keiju 60 %)	1 tsp.
		Semi-skimmed milk	one glass
		Strawberry jam	2 tbsp
11.00	Home	Mashed potatoes (potato, semi-skimmed milk, butter)	1 1/2 dl
		Salad (white cabbage, pineapple, cottage cheese)	2 tbsp
		Minced meat sauce	1 dl
		500 g minced beef (roast)	
		1 onion	
		2 dl grated carrots	
		1 tsp salt, 2 clove of garlic	
		3 tbsp tomatopaste	
		2 dl water, for cooking 1 tbsp canola oil	
		Semi-skimmed milk	1 1/2 glass
		Rye-mixed bread	1 slice (30 g)
		Butter	5 g
13.30	Home	Tea	1 mug
		Vaniljaeskimo -icecreamcone	1 pcs
		Mandarine	50 g
		Calsichew -tabl.	1 pcs.
		wheat toast, producer?	1 slice (25 g)
		Plant-based margarine (Keiju 60 %)	1 tsp
		Edam-cheese, 17 %	2 slices

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