|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **Breakfast** |  |  |  |  |  |  |  |
| **Mid-Morning** |  |  |  |  |  |  |  |
| **Lunch** |  |  |  |  |  |  |  |
| **Mid- Afternoon** |  |  |  |  |  |  |  |
| **Evening Meal** |  |  |  |  |  |  |  |
| **Supper** |  |  |  |  |  |  |  |
| **Exercise** |  |  |  |  |  |  |  |

**Recording food and drinks:**

* Describe the food in as much detail as possible and give the amount eaten

*e.g. Toast -2 slices wholemeal bread, butter, 1 medium tomato, 2 slices cheese*

* Describe the methods of cooking used

*e.g. chicken – grilled/fried in butter/baked/microwaved. Kumara – boiled/oven baked/deep fried/chips.*

* Record all drinks and give the amount

 *e.g. 1 cup water, ½ cup milk, 1 glass wine*

* Add all snacks eaten between meals

*e.g. 1 banana, 4 crackers, ½ packet crisps*

**Try to record at the time you eat. It can be difficult to remember what you have eaten later.**

Email completed form prior to your dietitian appointment.

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