

## Food Diary to Support Weight Loss

### *Guide to Filling out Your Food Diary*

- Please try to record your food diary as you go or at least daily otherwise you will forget and will end up with unreliable data.
- To calculate **TOTAL (calorie)** in the tables below: multiply the number of grams of protein and carbohydrate consumed by 4 and multiply the number of grams of fat consumed by 9. Protein provides 4 calories per gram, fat provides 9 calories per gram and carbohydrates provide 4 calories per gram.
- To calculate **TOTAL DAILY CALORIE INTAKE**, sum up calories from protein, fat and carbs.
- To calculate **FAT/PROTEIN/CARB RATIO (%)**, divide respective calories from fat, protein and carb by **TOTAL DAILY CALORIE INTAKE**
- If you consume caloric drinks, please include those too in your calculation
- Please fill in the daily summary which you then can use to fill in the 7-Day Food Diary Summary at the end of the week.



DAY 1: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
BREAKFAST					
MORNING TEA/SNACK					
LUNCH					
AFTERNOON TEA/SNACK					
DINNER					
SUPPER/SNACK					
TOTAL (g)					
TOTAL (calorie)					
TOTAL DAILY CALORIE INTAKE					
FAT/PROTEIN/CARB RATIO (%)					

#### DAILY SUMMARY

1. What you ate (tick):

- Ruminant and organ
- Pork
- Poultry
- Egg
- Seafood
- Dairy
- Honey
- Fruit
- Vegetable

2. What you drank: \_\_\_\_\_

3. Fat-protein-carb ratio (%): \_\_\_\_\_

4. How much you ate (total calorie intake): \_\_\_\_\_

5. How many times you ate: \_\_\_\_\_

6. Your meal timing (from what time to what time): \_\_\_\_\_

7. Your feeding window (hours): \_\_\_\_\_

DAY 2: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL (g)</b>					
<b>TOTAL (calorie)</b>					
<b>TOTAL DAILY CALORIE INTAKE</b>					
<b>FAT/PROTEIN/CARB RATIO (%)</b>					

#### DAILY SUMMARY

- What you ate (tick):
  - Ruminant and organ
  - Pork
  - Poultry
  - Egg
  - Seafood
  - Dairy
  - Honey
  - Fruit
  - Vegetable
- What you drank: \_\_\_\_\_
- Fat-protein-carb ratio (%): \_\_\_\_\_
- How much you ate (total calorie intake): \_\_\_\_\_
- How many times you ate: \_\_\_\_\_
- Your meal timing (from what time to what time): \_\_\_\_\_
- Your feeding window (hours): \_\_\_\_\_

DAY 3: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL (g)</b>					
<b>TOTAL (calorie)</b>					
<b>TOTAL DAILY CALORIE INTAKE</b>					
<b>FAT/PROTEIN/CARB RATIO (%)</b>					

#### DAILY SUMMARY

- What you ate (tick):
  - Ruminant and organ
  - Pork
  - Poultry
  - Egg
  - Seafood
  - Dairy
  - Honey
  - Fruit
  - Vegetable
- What you drank: \_\_\_\_\_
- Fat-protein-carb ratio (%): \_\_\_\_\_
- How much you ate (total calorie intake): \_\_\_\_\_
- How many times you ate: \_\_\_\_\_
- Your meal timing (from what time to what time): \_\_\_\_\_
- Your feeding window (hours): \_\_\_\_\_

DAY 4: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL (g)</b>					
<b>TOTAL (calorie)</b>					
<b>TOTAL DAILY CALORIE INTAKE</b>					
<b>FAT/PROTEIN/CARB RATIO (%)</b>					

#### DAILY SUMMARY

- What you ate (tick):
  - Ruminant and organ
  - Pork
  - Poultry
  - Egg
  - Seafood
  - Dairy
  - Honey
  - Fruit
  - Vegetable
- What you drank: \_\_\_\_\_
- Fat-protein-carb ratio (%): \_\_\_\_\_
- How much you ate (total calorie intake): \_\_\_\_\_
- How many times you ate: \_\_\_\_\_
- Your meal timing (from what time to what time): \_\_\_\_\_
- Your feeding window (hours): \_\_\_\_\_

DAY 5: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL (g)</b>					
<b>TOTAL (calorie)</b>					
<b>TOTAL DAILY CALORIE INTAKE</b>					
<b>FAT/PROTEIN/CARB RATIO (%)</b>					

#### DAILY SUMMARY

- What you ate (tick):
  - Ruminant and organ
  - Pork
  - Poultry
  - Egg
  - Seafood
  - Dairy
  - Honey
  - Fruit
  - Vegetable
- What you drank: \_\_\_\_\_
- Fat-protein-carb ratio (%): \_\_\_\_\_
- How much you ate (total calorie intake): \_\_\_\_\_
- How many times you ate: \_\_\_\_\_
- Your meal timing (from what time to what time): \_\_\_\_\_
- Your feeding window (hours): \_\_\_\_\_

DAY 6: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL (g)</b>					
<b>TOTAL (calorie)</b>					
<b>TOTAL DAILY CALORIE INTAKE</b>					
<b>FAT/PROTEIN/CARB RATIO (%)</b>					

#### DAILY SUMMARY

- What you ate (tick):
  - Ruminant and organ
  - Pork
  - Poultry
  - Egg
  - Seafood
  - Dairy
  - Honey
  - Fruit
  - Vegetable
- What you drank: \_\_\_\_\_
- Fat-protein-carb ratio (%): \_\_\_\_\_
- How much you ate (total calorie intake): \_\_\_\_\_
- How many times you ate: \_\_\_\_\_
- Your meal timing (from what time to what time): \_\_\_\_\_
- Your feeding window (hours): \_\_\_\_\_

DAY 7: \_\_\_\_/\_\_\_\_/\_\_\_\_

	TIME	FOOD DETAIL	PROTEIN (g)	FAT (g)	CARBS (g)
<b>BREAKFAST</b>					
MORNING TEA/SNACK					
<b>LUNCH</b>					
AFTERNOON TEA/SNACK					
<b>DINNER</b>					
SUPPER/SNACK					
<b>TOTAL (g)</b>					
<b>TOTAL (calorie)</b>					
<b>TOTAL DAILY CALORIE INTAKE</b>					
<b>FAT/PROTEIN/CARB RATIO (%)</b>					

#### DAILY SUMMARY

- What you ate (tick):
  - Ruminant and organ
  - Pork
  - Poultry
  - Egg
  - Seafood
  - Dairy
  - Honey
  - Fruit
  - Vegetable
- What you drank: \_\_\_\_\_
- Fat-protein-carb ratio (%): \_\_\_\_\_
- How much you ate (total calorie intake): \_\_\_\_\_
- How many times you ate: \_\_\_\_\_
- Your meal timing (from what time to what time): \_\_\_\_\_
- Your feeding window (hours): \_\_\_\_\_



## 7-Day Food Diary Summary

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>What you ate</b>							
- Ruminant							
- Pork							
- Poultry							
- Eggs							
- Seafood							
- Dairy							
- Honey							
- Fruit							
- Vegetable							
<b>What you drink</b>							
Non-caloric drinks							
Caloric drinks							
<b>Fat-protein -carb ratio</b>							
<b>How much you ate</b>							
<b>How many meals a day</b>							
<b>Your meal timing</b>							
<b>Your feeding window</b>							



## Areas of Improvement

(i) FOOD SHOULD BE TEMPORARILY ELIMINATED

(ii) CHANGE TO FAT-PROTEIN-CARB RATIO

(iii) MEAL FREQUENCY

(iv) MEAL TIMING

(v) EATING HABITS

(vi) OTHER

