**Food dairy**

**Name:**

Breakfast at …….

|  |  |
| --- | --- |
| **What did you eat?**  | **How much did you eat?** |
| Bread (white, brown or whole wheat)Crackers / dutch ruskMuesli/Cruesli with yoghurt (skimmed, full cream)Porridge |  |
|  |
|  |
|  |
| Butter/margarine/halvarine |  |
| Topping: cheese 20+/30+/40+ meat: whichSweet topping: which |  |
|  |
|  |
|  |
| Fruit |  |
| Drinks |  |
| Other |  |

In between at ….

|  |  |
| --- | --- |
| **What did you eat?** | **How much did you eat?** |
| Fruit |  |
| Drinks |  |
| Other |  |

Lunch at ……

|  |  |
| --- | --- |
| **What did you eat?**  | **How much did you eat?** |
| Bread (white, brown or whole wheat)Crackers / dutch ruskMuesli/Cruesli with yoghurt (skimmed, full cream)Porridge |  |
|  |
|  |
|  |
| Butter/margarine/halvarine |  |
| Topping: cheese 20+/30+/40+ meat: whichSweet topping: which |  |
|  |
|  |
|  |
| Fruit |  |
| Drinks |  |
| Other |  |

In between at ….

|  |  |
| --- | --- |
| **What did you eat?** | **How much did you eat?** |
| Fruit |  |
| Drinks |  |
| Other |  |

Hot meal (dinner) at ……

|  |  |
| --- | --- |
| **What did you eat?** | **How much did you eat?** |
| Patatoes: baked/cooked/fried | pieces |
| Rice/Pasta: cooked | serving spoon/grams |
| vegetables: cooked/raw /salad | serving spoon/grams |
| Jus/sauce/dressing | spoon |
| meat/fish/vegetarian: cooked | grams |
| Butter or oil | grams/table spoon |
| Dessert |  |
| Drinks |  |
| Other |  |

In between at ….

|  |  |
| --- | --- |
| **What did you eat?** | **How much did you eat?** |
| Fruit |  |
| Drinks |  |
| Other |  |