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HOW TO FILL IN THE FOOD DIARY

- Fill in everything you eat during one usual day, or during 2–3 days. One of the days should be a Saturday or a Sunday, and 1–2 days should be weekdays. Write in as much detail as you can, as shown in the example below.
- Make a note of what you or your child eats or drinks immediately, to make sure that not even the smallest snacks are forgotten.
- Also fill in the date and the time when you start eating or drinking.
- Fill in everything you eat and drink during the selected days. Also include products such as soft drinks and sweets.
- Enter one foodstuff per row.
- Use cooking measures (dl, tbsp., tsp., slices, pieces) or grams to indicate the amounts.
- Use the “place” column to mark down the place where you ate, for example home, day care, a school canteen, a staff canteen, someone else’s home, a cafe.
- If appropriate, fill in the column about mood, hunger and company.
- As background information, please answer following questions:

  What kind of milk do you drink?
  What kind of milk do you use for cooking?
  What type of fat do you use as bread spread?
  What type of fat do you use for cooking?
  What kind of salt do you use at home?

Example: Date 16 May 2018

Time	Food and drink	Amount	Place
7:00	oat toast	2 slices	home
	Keiju margarine 60%	2 tsp.	
	edam cheese 24%	4 slices	
	coffee	3 dl	
	sugar	2 cubes	
	semi-skimmed milk	dash	
	orange juice	2 dl	
11:00	minced meat sauce	1.5 dl	staff canteen
	spaghetti, light	3 dl	
	lettuce, cucumber, tomatoes	2 dl	
	French salad dressing	1.5 tbsp.	
14:00	tea	2 dl	work
	milk chocolate	4 pieces	
			etc.

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