

DOCUMENT

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ABOUT YOUR DIETARY DIARY

At this stage we thought you would be interested in some news about a Dietary Diary, which we would like you to keep. Your school will give you the Diary when it is ready. You will be told how to complete it. Also, please keep this sheet available. You will be asked to record everything you eat and drink over a period of four days. Just like any other personal diary it should be filled in as you go through the day. It will be pocket-size, so that you will be able to carry it everywhere with you over the short period. You should try to fill it in as you go and not wait till the end of each day. You will be asked to begin it on a **Friday morning**, and keep it up over **Saturday, Sunday and Monday**, finishing it last thing on a Monday night.

When the Diary is completed, you should return it on the following day to the person at school who gave it to you. If it is the holidays, take it back on the first day when school re-opens. If it gets lost, there is an address on it to which it can be sent. If you lose it, let me know and I will send you another one.

How much help is allowed in filling it in? We want a very full record so please ask your parents' help or advice if you would like to. We are sure they will be interested.

Why are we asking you to fill in a Dietary Diary? You have heard a great deal about the need of eating 'healthy' foods. Some foods and drinks are known to be bad, and others are thought to be very good. Before we can help, we need to know the sort of things you like and what you like and what you are eating and drinking **now**.

Remember, what you drink is quite as important as what you eat. **Everything** you drink should be written in your Dietary Diary; tea, coffee, soft drinks, alcoholic drinks and even water.

What you will do when you get the Diary.

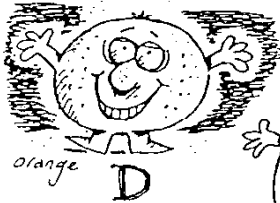
When you get the Diary, first fill in your name and address on the front cover. Then, read carefully the instructions inside the front cover. Should there be anything you do not understand, be sure to ask the person who gives you the Diary. Also, ask for help at home, if you want to.

You should start your Diary on the Friday morning as soon as you wake up. If this is not convenient, leave it for a week and then start the Diary on the next Friday. Write in everything you eat and everything you drink, including water until you wake up on the following Tuesday morning.

There will be cartoons in the Diary to encourage you to fill it up. Some of them are reproduced for you on the back of this sheet. We hope you like them.

We hope you enjoy completing your Dietary Diary too. There is plenty of room in it to enter your own views about food and drink. Thank you for your valuable help.

DIETARY DIARY



D



DIETARY DIARY P-Nut I



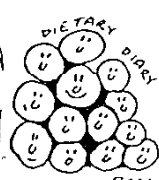
DIARY E



DIETARY DIARY Tea



DIETARY DIARY Leek A



DIETARY DIARY Peas R

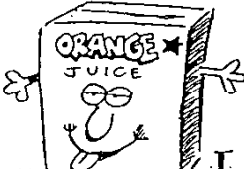


DIETARY DIARY BEENZ

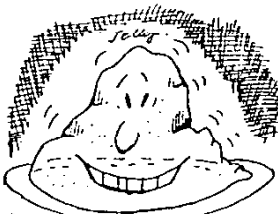
DIETARY DIARY Y



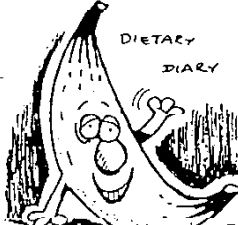
DIETARY DIARY Cake D



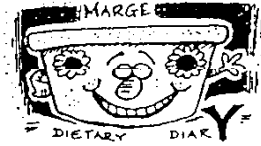
DIETARY DIARY ORANGE JUICE I



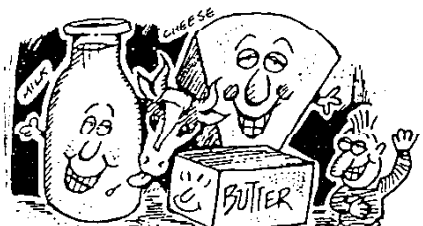
DIETARY DIARY Soup A



DIETARY DIARY Banana R



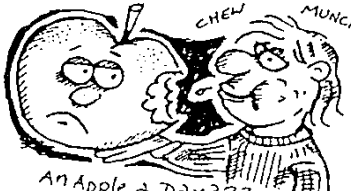
DIETARY DIARY MARGE Y



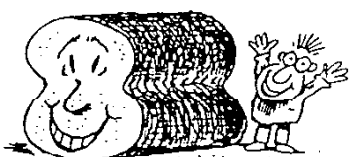
MILK CHEESE BUTTER



The Dietary Diary asks: WHICH CAME FIRST?



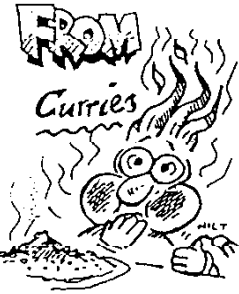
CHew MUNCH An Apple a Day???



The dietary diary



Examines what You Eat



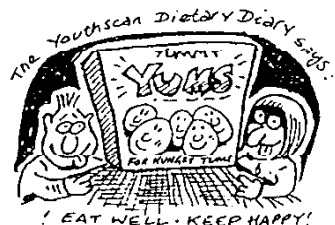
FROM Curries



Fish SNAP!



and Vegetables



The Youthscan Dietary Diary says: YUMS! EAT WELL - KEEP HAPPY!



Fast Food



Drinks



and Meat!



From Dawn



TO Dusk



COMPLETE WHILST YOU EAT! SCRIBBLE SCRATCH

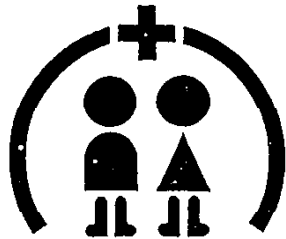
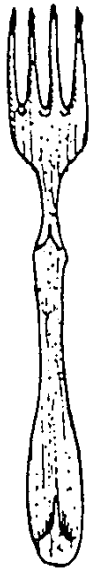
The Dietary Diary.

WE HOPE YOU ENJOY COMPLETING THE DIETARY DIARY!

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DOCUMENT K

YOUTHSCAN UK



YOUTHSCAN

1986/87

DIETARY DIARY



This Dietary Diary is filled in by

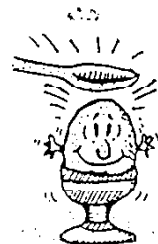
Date of Birth:

0 4 7 0

Sex: Male Female

Name & Address of School:

If found, please return to owner or to:
Professor Neville Butler
MD, FRCP, FRCOG, DCH
Director of Youthscan
International Centre for Child Studies
Ashley Down House
16 Cotham Park
Bristol BS6 6BU



Tel: (0272) 739783/743405

FILLING IN YOUR FOOD AND DRINK DIARY

We would like you to keep the diary for four days. The first day should be a *Friday*. So you keep a record of all you eat and all you drink on *Friday, Saturday, Sunday* and *Monday*. Try to keep the Diary with you and fill it in each day as you go along, don't leave it until the evening.

Please write down *everything* you eat and *everything* you drink, at *mealtimes* and *in-between meals*.

READ THROUGH THESE INSTRUCTIONS AND THE EXAMPLE CAREFULLY ONCE OR TWICE BEFORE YOU START

NOTES ON HOW TO COMPLETE THE DIARY

Write in *the time* on each occasion you have something to eat or drink.

Put down *how much* food or drink you have had. You do not need to weigh everything, but give a good description.

FOR EXAMPLE:

- *When you have a slice of bread or meat say if it was a thin, medium or thick slice and give approximate size of slice
- *Put down whether drinks were in glasses, cups or mugs e.g. half mug of milk
- *Write tablespoon or teaspoon, not just spoonful.
- *When you know the weight and brand of something, write it down e.g. 150g carton of Yoghurt (St. Ivel), 180g Steak & Kidney Pie (Bowyers), ½ pint Shandy (Top Deck).

For crisps and snacks write down the cost, eg. 15p packet of crisps

DESCRIBE THE FOOD OR DRINK, GIVING AS MUCH INFORMATION AS POSSIBLE

How was the food prepared – fried, boiled or grilled?

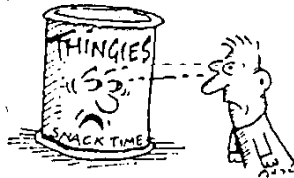
Is bread white, wholemeal or brown?

What type of cereal was it?

Was it butter or margarine?

Did you cut the fat off the meat?

What type of biscuit did you eat?



GIVE BRAND NAMES WHERE POSSIBLE FOR FOODS AND DRINKS

Looking at wrappers and labels will help to fill this in accurately.

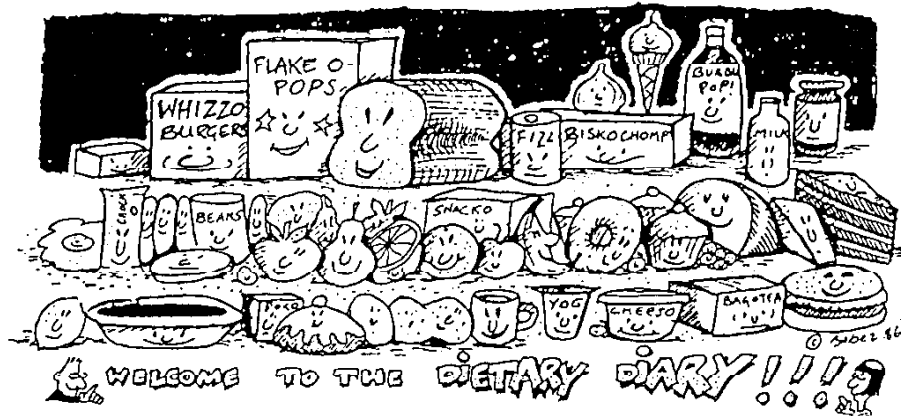
REMEMBER TO

Fill in the day of the week and the date at the top of each page.

Include everything – snacks, titbits – however small.

Put down *all your drinks, even water.*


Look at the example pages. You might not eat all the things written on them, but it will show you how to use the diary.




DAY..... DATE.....


BEFORE BREAKFAST	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
7.45am	1 mug of Tea with ordinary (silver-top) milk and two sugars. 2 Chocolate Digestive biscuits (Crawfords). (white)
8.00 <u>am</u>	1 Apple.

BREAKFAST	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
8.15am	1 mug of tea with ordinary milk and two sugars (white). 2 Weetabix 2 (tablespoons) Shreddies-Nabisco } With silver-top 1 boiled egg } milk and 1 dessert 2 (Large Medium Slices) of toast - white bread with } spoon of sugar (white) → lot of butter?
MID-MORNING BETWEEN BREAKFAST AND MIDDAY MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
10.15am	1/2 Pint glass of Lemonade 1 bar of Cadbury's Wispa
11.00am	1 small packet of plain crisps (Walkers).

MIDDAY MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
12.45 pm	<p>4 large medium slices of wholemeal bread with margarine - blue band 4 slices of Cheddar Cheese and 1 Tomato (sliced) } SANDWICHES</p> <p>1 portion of chips</p> <p>1. Cornflake and Treacle Cake</p> <p>$\frac{1}{2}$ Pint of orange Juice - Squash</p> 
MID-AFTERNOON BETWEEN MIDDAY MEAL AND EVENING MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
4.15 pm	<p>1 large Kit-Kat</p> <p>1 mug of coffee with 1 teaspoonful of coffee-mate and 2 teaspoons of sugar (white)</p> <p>1 cup of Tea with ordinary milk and two sugars (white)</p>
5.30 pm	<p>2 Digestive Biscuits (McVities)</p>

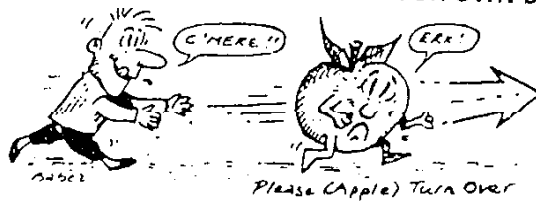
DAY..... DATE.....

EVENING MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
6.45 p.m.	<p>1 large Pork-chop cooked in the oven - with dxo gravy.</p> <p>3 Medium Boiled Potatoes</p> <p>2 Tablespoons of Peas tinned (co-op)</p> <p>2 Tablespoons of Swede</p> <p>1 individual Chocolate Mousse - St. Ivel.</p> <p>1 Glass of Water</p> 
EVENING SNACKS & DRINKS UP TO BEDTIME OR DURING NIGHT	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
7.30 p.m.	1 mug of Coffee with ordinary milk and two sugars (white)
8.30 p.m.	1 Packet of Chips from take-away.
9.45 p.m.	1 tin of Shandy (top-deck)
10.00 p.m.	1 Packet of Potato Crisps (13p.)

HAVE YOU FORGOTTEN ANYTHING?	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
	



PLEASE TURN OVER AND BEGIN YOUR OWN DIARY



DAY..... DATE.....

BEFORE BREAKFAST	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

BREAKFAST	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

MID-MORNING BETWEEN BREAKFAST AND MIDDAY MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

MIDDAY MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
MID-AFTERNOON BETWEEN MIDDAY MEAL AND EVENING MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

DAY..... DATE.....

EVENING MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

EVENING SNACKS & DRINKS UP TO BEDTIME OR DURING NIGHT	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

HAVE YOU FORGOTTEN ANYTHING?	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

IS THERE ANYTHING YOU WANT TO TELL US?

END OF THE DAY

PLEASE TURN OVER TO FILL IN THE NEXT DAY'S DIARY



DAY..... DATE.....

BEFORE BREAKFAST	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

BREAKFAST	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

MID-MORNING BETWEEN BREAKFAST AND MIDDAY MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

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TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
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DAY..... DATE.....

EVENING MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND
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EVENING MEAL	
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TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

DAY..... DATE.....

EVENING MEAL	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

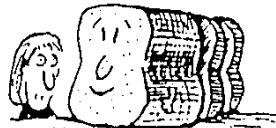
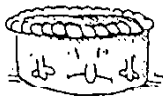
EVENING SNACKS & DRINKS UP TO BEDTIME OR DURING NIGHT	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

HAVE YOU FORGOTTEN ANYTHING?	
TIME	AMOUNT OF FOOD & DRINK TAKEN AND BRAND

IS THERE ANYTHING YOU WANT TO TELL US?

END OF THE DAY

THANK YOU VERY MUCH FOR YOUR HELP





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Goodbye and Happy Eating!!!