

Study ID:

Food Diary (Appendix C)

Food Diary

Thank you for taking part in the FrailTI study.

Please fill in this food diary as best you can re-call for the last two full days. Please be as detailed as possible. We would like you to write down the type of food and drink (including brand names where available), how much you ate and how often. To understand portion size, we would like to know how much of the food you ate. This could be the weight of food or the amount of liquid you drank (volume). You could also include an approximate portion size using everyday household measures (e.g., cups, tablespoons).

Tips:

- If food is packaged please provide the brand name and serving size e.g., Quaker Oat So Simple Original 57g
- Indicate the colour (e.g., white vs wholewheat bread), fat content (e.g., skimmed or whole milk, light or low-fat yogurt) and other characteristics such as “diet” or “reduced sodium/salt” products
- For combination dishes include a description of the main ingredients e.g., lasagne portion: ground beef (1/4 cup), mozzarella cheese (28g), 1/2 cup tomato sauce, 2 pasta sheets
- Please include the cooking method where possible e.g., oven-baked, pan-fried, deep-fried, grilled
- Remember sauces, snacks, oils, spreads, and drinks (including alcohol) all count

An example food diary is shown on the next page.

Please pass this back to the FrailTI study team.

Please get in touch if you have any questions or concerns. Thank you!

Study ID:

Food Diary (Example)

	Time:	What You Ate:	Portion size (serving or weight)
Breakfast	7am	<i>Porridge oats (plain) cooked with semi skimmed milk</i> <i>Banana</i>	<i>300g oats</i> <i>300ml milk</i> <i>1 medium size</i>
Lunch	12.30pm	<i>Soup – Heinz cream of tomato</i> <i>Bread – Hovis wholemeal medium sliced</i> <i>Butter- Anchor Spreadable</i>	<i>Half can (200g)</i> <i>2 x 40g slices</i> <i>2 x teaspoons</i>
Dinner	7pm	<i>Baked potato (medium size) with flesh and skin</i> <i>Portion of tuna mayo (full fat mayo)</i> <i>Green beans (boiled)</i>	<i>300g</i> <i>75g tuna with 2 tablespoons mayo</i> <i>80g</i>
Snacks	11am 4pm	<i>Handful of mixed nuts (peanuts, almonds, walnuts)</i> <i>Kitkat</i>	<i>Small handful, 30g</i> <i>45g bar</i>
Drinks	7am 12.30pm 8pm	<i>Instant black coffee with sugar</i> <i>Orange juice (ASDA smooth orange juice from concentrate)</i> <i>Red wine</i>	<i>One cup (250ml) with one teaspoon sugar</i> <i>150ml</i> <i>2 x 175ml glass</i>
Other			

Study ID:

Food Diary day 1 Date completed:

	Time:	What You Ate:	Portion size (serving or weight)
Breakfast			
Lunch			
Dinner			
Snacks			
Drinks			
Other			

Study ID:

Food Diary day 2

Date:

	Time:	What You Ate:	Portion size (serving or weight)
Breakfast			
Lunch			
Dinner			
Snacks			
Drinks			
Other			