

NUTRITION 3

FOOD DIARY FOR GOOD TO
GREAT SPORTS STUDENTS



FOOD DIARY

GUIDELINES FOR COMPLETING THE FOOD DIARY

The Nutrition Diary is designed to accurately record your daily food and drink intake

Do not leave completing the diary until the end of the day as you will forget - record your food and drink throughout the day

Write down everything you eat and drink in as much detail as possible. This includes items such as chewing gum, salad dressings, sauces, gravy, and any oils used for cooking.

For every item of food or drink consumed, please fill in the four columns in the table below. Include:

- The time
- The food consumed
- A description of the food (such as brand, type, cooking method etc.)

Complete this diary for three whole days, including one weekend day. Indicate the date at the top of each page.

TIPS

- **Be honest! This diary is not a test, and all data will be kept confidential**
- **Remember to include any drinks, including juice, coffee, or squash**
- **It is best to complete the food diary as soon as you have eaten something.**

If you have any questions, please ask!

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