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| **3-Day Food Diary Analysis** |

Your Food Diary will be analysed by our Dietitian to provide Dr Carey with an objective assessment of the quality and quantity

of your current food intake. This will then be used to determine targeted and personalised advice.

**Please choose ONE of the following options to complete your Food Diary:**

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|  | **Easy Diet Diary**  App  *(preferred method for*  *all iPhone & iPad users)* |  | **Calorie King**  Website  *(preferred method for*  *all other clients)* |  | **Paper**  *(template begins on Page 4 of this document)* |
| 1. Download the free app from the Apple iTunes store. *If using an iPad, change search settings to “iPhone only”.* 2. Open the app and sign up for an Easy Diet Diary account. 3. Follow the steps to enter your profile details (age, gender, weight). 4. Begin logging your food intake. | | 1. Go to [www.calorieking.com.au](http://www.calorieking.com.au) and click ‘Join Now’. 2. Enter your height, weight, gender and age. Click ‘Go’. 3. Enter your personal details, and choose a username and password. Click ‘Next’. 4. Once your account is set up, begin logging your food intake. | | 1. Carefully read the instructions on page 2 of this document. 2. Use the paper template attached to record everything you eat and drink across 3 days. 3. Record information as specifically as possible – types, brands, quantities, added ingredients, cooking methods, etc. | |
| 1. **Advise the clinic of the email address you used to create your account**. This will allow our Dietitian to send you an invitation for them to view your records and analyse your food intake.   *Note*: If you signed up with Facebook,  advise us of the email for your Facebook account. | | 1. **Advise the clinic of your Calorie King website username and password.** This will allow our Dietitian to access your food records and analyse your food intake.   *Note*: Existing clients may continue to use MyFitnessPal, however this is being phased out. | | 1. **Return your completed Food Diary by email or fax at least 1 week prior to your appointment.** This will allow our Dietitian sufficient time to analyse your food intake. | |

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| **Please advise our clinic of your completed Food Diary at least 1 week prior to your appointment.**  This service would usually cost $70, however we offer this FREE OF CHARGE to clients who return their food diary by the requested date. If you have not completed your Food Diary by the date requested, our Dietitian will ask you to recall your food intake and provide a report to Dr Carey on the day of your appointment. Please note that this service will incur a $70 fee. | **Health+Diabetes**  **Email**: [mail@drcarey.com.au](mailto:mail@drcarey.com.au)  **Phone**: 07 3839 1777  **Fax**: 07 3053 8124 |
| **INSTRUCTIONS** | |

Choose 3 days to record your food & beverage intake. If possible, include 2 working days and 1 non-working day. These days do not need to be consecutive. Please record immediately after eating and/or drinking while the information is still fresh in your mind.

**INCLUDE THE FOLLOWING INFORMATION:**

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| **Place where foods were prepared:** | |
| **HM – Home** | If the food was prepared at home. |
| **TA – Takeaway** | If the food was prepared away from home (e.g. takeaway, restaurant, café). |
| **Time of meals:** |  |
| **TIME** | Estimated time (e.g. 8:15am, 7:30pm). |
| **Description of all foods & drinks, as specifically as possible (include information about):** | |
| **GENERAL** | e.g. multigrain vs. white bread, full cream vs. low fat milk, etc. |
| **BRAND NAME** | e.g. Helga’s, Uncle Toby’s, Lean Cuisine, etc. |
| **ADDED INGREDIENTS** | e.g. butter, milk, cream, sugar, honey, oil, etc. |
| **COOKING METHOD** | e.g. steamed, grilled, baked, stir-fried, deep-fried, etc. |
| **Amounts & Quantities:** |  |
| **AMOUNTS** | Record in grams (g) or millilitres (mL), or common household measures (e.g. teaspoons, tablespoons, cups). Check weight from label if available (e.g. 375mL lemonade, 40g Mars bar, 150g steak). |
| **NUMBER** | Record number of portions consumed (e.g. 3 slices white bread, ½ medium apple, half of 90g tin tuna). |
| **Activities, Thoughts & Feelings** | |
| **ACTIVITIES** | What were you doing before or during your meal/snack? |
| **THOUGHTS** | What were you thinking about before or during your meal/snack? |
| **FEELINGS** | What emotions did you experience before, during and after your meal/snack? |

**Remember to record all beverages including ALCOHOL, as this can be a source of thousands of calories in a week!**

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| **Your completed Food Diary should have THIS LEVEL OF DETAIL:** |

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| ***3-DAY FOOD DIARY - SAMPLE ONLY*** | | | | | | | | |
| **NAME**: FORREST GUMP | | | **DATE**: Monday 13/06/17 | |  |  |  |  |
| **HM/TA** | **TIME** | **FOOD/DRINK DESCRIPTION** | | **QTY / AMT** | **Activities, Thoughts & Feelings before/during/after eating** | **Hunger**  **Level before**  **(0-5)** | **Hunger Level after (0-5)** | **Speed of eating (fast, moderate, slow)** |
| HM | 7.15am | Tetley black tea  Mango  Toasted muesli <10% fat  Shape milk | | 1 mug  12 pieces  1 small  1/2 cup (125ml) | About to leave for work. Thinking of the day. Relaxed. | 4 | 3 | Slow |
| HM | 11am | Nescafe Instant coffee (with 2 tsp sugar, no milk)  Arnott’s Snack Right Fruit Roll biscuits  Cheese flavoured rice cakes | | 1 mug  4  2 pieces | At work. Report due. Tired & stressed. | 2 | 2 | Fast |
| HM | 1pm | Golden Circle Apple juice  Helga’s Soy & linseed bread  Canola margarine  Cottees Strawberry jam  Smoked salmon  Fresh rocket  Asparagus (steamed) | | 600ml  2 slices  Thin spread  1 tablespoon  25g (half pack)  1 handful  5 spears | Lunch break. Standing in the kitchen writing this. Hunger! | 5 | 4 | Moderate |
| TA | 3.45pm | Mars bar 26g  Pepsi Max | | 1 mini bar  375ml | On the way home. Thinking of what I need to get done. Tired. | 2 | 2 | Fast |
| HM | 6.30pm | Lamb, fat trimmed, grilled  Celery, stir-fry  Broccoli, stir-fry  Peanut oil  Oyster sauce  Egg noodles  Glass of Shiraz | | 120g raw  2 stalks  1/2 floret  2 teaspoons  1/2 tablespoon  1 cup cooked  200ml | At home, watching Tv. Relaxed. | 3 | 4 | Moderate |
| HM | 8.30pm | Vanilla ice-cream (regular) | | 2 scoops | Sugar cravings. | 1 | 3 | Fast |

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