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**8-day Estimated Food Diary**

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| **Title of Study:** Investigating the Fluctuations in Exercise Capacity at Different Times of the Day |
| **Name of CI:** Dr Brendan M. Gabriel |

**Instructions for Keeping a Food Diary**

Please read the following information, fill out the food diary and answer the questions at the end of the study.

We would like you to record a description of every item of food and drink you consume over the **8-day** study period and give an estimate of the quantities consumed. Please don’t alter your eating habits during the study period. It is important that we get a ‘true picture’ of your normal diet, no matter what it is.

Please describe all foods and drinks as accurately as you can, including brand names, quantity if possible, and method of cooking (boiled, deep-fried, stewed, grilled etc.) For snack foods, please record the weight on the packet. If you do not know the weight of the food item, please estimate using household measurements such as those listed below (teaspoon, handful etc).

If eating in a restaurant please record a detailed description of the food and drink consumed and estimate the portion size that you have eaten, e.g., large bowl of prawn paella, 4 churros with chocolate dipping sauce, 1 large glass sangria.

The following examples show the kind of information we would like you to give:

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| Beverages | e.g., | Tea (large mug)  Yazoo Strawberry milkshake (300ml bottle)  Diet Coke (330 ml can)  Red Bull (250ml can) |
| Dairy | e.g., | Semi-skimmed milk (1 small glass) |
|  |  | Lurpak unsalted butter (thick spread) |
|  |  | Cheddar (2 slices)  Kefir (30g pot) |
| Dairy substitutes | e.g., | Actimel Strawberry (100g bottle)  Crème fraiche (300g pot)  Oykos Strawberry Luxury Greek Style Yoghurt Dessert (110g pot)  Oat milk (1 tablespoon)  Alpro blueberry yoghurt (125g pot) |
| Eggs | e.g., | Eggs (3 large, boiled)  Eggs (2 medium, scrambled) |
| Meat/fish | e.g., | Fillet steak (1 fried)  Lean minced beef (1 handful, stewed)  Ham (4 slices)  Heck chicken sausages (3, fried) |
| Meat substitutes |  | Haddock (1, fried in breadcrumbs)  Tuna steak (1, grilled)  Cod (1, battered)  Prawns (150g pack)  Tofu (2 slices)  Tempeh (1 slice) |
| Grains | e.g., | Hovis white (2 slices)  White bap (1 large)  Asda Garlic & Coriander Naan (190g)  Wholemeal wrap (3 small) |
|  |  | Weetabix (2 biscuits)  Coco Pops (1 small bowl)  Cornflakes (1 large bowl)  Thai jasmine rice (1 small bowl) |
| Sweet treats | e.g., | Macarons (4)  Belvita Soft Bakes Filled Choco Hazelnut (250g bar)  Chocolate Orange Rice Krispies Squares (36g bar)  Baklava (1 large slice) |
|  |  | Tesco Chocolate Brownie (1)  Green tea mochi (2 balls)  English Cheesecake Company Vanilla & Lotus Biscoff Pots (87.5g pot)  Kettle Chips Sweet Chilli (130g bag) |
| Fruit & veg | e.g., | Banana (1 large)  Lychee (4)  Blueberries (150g pack) |
|  |  | Potato (1 large, baked with skin)  Aubergine (1 large, baked)  Frozen peas (1 handful, steamed)  Broccoli (3 large florets, steamed)  Red onion (1 medium, fried) |
| Cooking oils | e.g., | Sunflower oil (1 tablespoon)  Coconut oil (1 teaspoon)  Rapeseed oil (2 teaspoons) |
| Alcohol | e.g., | Tennent’s lager (1 can)  Red wine (2 large glasses)  Vodka (double, with lemonade) |

When listing made up dishes, please give as accurate of a description as possible. For example:

**Rice and lentils**

*Basmati long grain rice - 1 cup, boiled with pinch of salt*

*White onion - 1 large, fried*

*Carrot - 1 small, boiled*

*Lentils - 2 tablespoons, boiled*

*Turmeric powder - 2 teaspoons*

**Sandwich**

*Kingsmill Tasty Wholemeal bread - 2 slices with thickly spread Clover butter*

*Red Leicester cheese (grated) - 2 tablespoons*

*Tomato - 1 large*

*Mayonnaise - 1 tablespoon*

**Example Food Diary**

*Take time to read this example of a one-day food diary. Please note that you will need to do this for 8 days.*

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| **Date:** 28/01/23 | **Day of the week:**  Saturday |
| **Time:** | **Description of foods and drinks consumed:** | **Quantity** |
| *8:30am* | *Hovis Soft White Medium* | *2 slices* |
|  | *Bonne Maman Strawberry Conserve* | *2 tablespoons* |
|  | *Banana* | 1 large |
|  | *Breakfast tea* | 1 bag |
|  | *Semi-skimmed milk* | 1 dash |
|  |  |  |
| *11:00am* | *Starbucks latte with oat milk and sugar free vanilla syrup* | *Venti (large)* |
|  | *McVitie's Ginger Nuts* | 3 |
|  | *Granny Smith Apple* | *1* |
|  |  |  |
| *1:15pm* | *Asda Tempura Prawn Bento* |  |
|  | *Tempura Prawns* | *2* |
|  | *Vegetable Gyoza* | *2* |
|  | *Plain Rice* | *1 handful* |
|  | *Panku Mixed Veggies)* | *1 handful* |
|  | *Asda bakery cinnamon bun* | *1* |
|  | *Old Jamaica Light Ginger Beer* | *300ml can* |
|  |  |  |
| *3:30pm* | *Vending machine hot chocolate* | 1 cup |
|  | *Hula Hoops Original* | *1 bag (34g)* |
|  |  |  |
| *7:30pm* | *Vegetable beef soup (boiled)* |  |
|  | *Salt* | 1 pinch |
|  | *Pepper* | 1 pinch |
|  | *Garlic* | ¾ clove |
|  | *Celery* | *½ stick* |
|  | *Bay leaf* | *½* |
|  | *Dried thyme* | *¼ teaspoon* |
|  | *Frozen peas* | *1 handful* |
|  | *Potato* | *2 small* |
|  | *Carrot* | *1* |
|  | *Corncob* | *1* |
|  | *Courgette* | *1/2* |
|  | *Diced beef* | *2 handfuls* |

**Your 8-day Food Diary**

*Please use this template to record your dietary intake over the 8-day study period.*

* *Please start a NEW DIARY PAGE FOR EACH DAY, using multiple pages per day if needed.*
* *Please record ONE FOOD ITEM PER LINE.*

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**To be completed at the end of the study period:**

Have all your meals been typical of your normal eating habits?

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If not, please explain (social functions, illness etc)

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Any other comments you would like to make?

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**Thank you for completing the food diary!**