

Section 3: Nutritional status

1. Complete the food diary for the previous two days.

| Day 1 | Breakfast | Lunch | Dinner | Snacks |
|---|---|-------------------------------------|---------------------|--|
| Yes/No | No | Yes | Yes | Yes |
| Time of day | | 12.45pm | 8.30–9pm | Variable times throughout the day |
| Food intake | | Jacket potato with cheese and beans | Steak and potatoes | Chocolate bar Packet of crisps Peanuts |
| Fluid intake | 3 x cups of tea, 3 pints of beer, 1 small bottle of water | | | |
| Day 2 | Breakfast | Lunch | Dinner | Snacks |
| Yes/No | No | Yes | Yes | Yes |
| Time of day | | 12.45pm | 8.30–9pm | Variable times throughout the day |
| Food intake | | Ham and cheese sandwich 1 apple | Spaghetti Bolognese | 1 apple Chocolate bar Peanuts |
| Fluid intake | 3 x cups of tea, 3 pints of beer, 1 small bottle of water | | | |
| 2. Do you take any supplements? If yes, which ones? | | | | No |