

## A cartoon-style illustration of a single slice of pizza. The slice is triangular with a thick, golden-brown crust. The top surface is covered in melted yellow cheese, which is topped with three circular slices of red pepperoni and several small, green, square-shaped herbs. The background is a solid light green color.

The food diary is best filled in soon after eating and drinking, rather than trying to remember a whole day in the evening. Below are the areas to record.

When the food was eaten.

You do not need to weigh food, but give household portions instead, e.g. small bowl of porridge, 1 tablespoon of peas or packet of crisps.

However, if you do know the weight of the food because it is written on the packet/tin, put that down too), e.g. 8oz bottle of SMA milk.

[illegible]