OneLife Diet Analysis: Personalised Food Diary

Name	Gender	Age
	○ Male ○ Female	○ <18 years ○ 19–50 years ○ 51–70 years ○ ≥71 years

Order Number	Number of days to be analysed (1–7)	Height	Weight	Extra notes (e.g., medical conditions, pregnancy, etc)
		○ cm ○ in	○ kg ○ lbs	

Please fill in the above fields before emailing your completed food diary to store@onelifenutritionandhealth.com

Guidelines: How to use this Food Diary

Personal information and order details

This food diary is free to use, but expert dietary analysis of your food diary requires a "Diet Analysis: Personalised Food Diary" purchase order number from OneLife Nutrition and Health.
Please provide your name, gender, and age group in the table above. This information is important, because the recommended dietary allowances (RDAs) or adequate intakes (AIs) vary between men and women as well as by age.

Please make sure to fill in the order number so the food diary can be correctly associated with your name, email, and order details (e.g., the number of days of the dietary analysis).

Food Diary Table

Please select the day using the buttons in the top row of the table. For example, if you begin recording your food diary on Monday, then click the check button for 'Monday" in the "Day 1" table. If you are keeping a record for more than one day, then in the 'Day 2' food table select the next day, e.g., 'Tuesday'.

In the 'Meal contents' column on the left of the table, please describe the individual ingredients as accurately as possible. For fast foods or pre-packaged meals, please provide as many details as possible, for example, brand, item name, portion size, etc. NB. It may not be possible to analyse some specialised or regional foods that are not included in any databases, for example some Asian or Middle Eastern foods. We apologise for any inconvenience.

Example of how to fill in the Food Diary table:

Day 1 Select day: ◉ Monday ○ Tuesday ○ Wednesday ○ Thursday ○ Friday ○ Saturday ○ Sunday

Meal contents (list all the ingredients of each meal and snack)	Amount	Unit
Kellogg's Corn Flakes	30	g
Semi-skimmed, 1.8% fat	150	mL
100% orange juice, no bits, from carton	200	mL
Cup of drip coffee with milk and 1 tsp sugar	8.5	fl oz
Energy bar, Snickers, Marathon	1	whole
Sandwich, shop bought, bacon, lettuce and tomato	1	whole
Cola drink, canned	330	mL
Grapes, seedless, raw	0.5	cup
Home-cooked dinner (ingredients below)		----
Pasta, white, boiled	1	cup
Minced beef	150	g
Pasta sauce, Ragu	200	g
Onion, chopped	0.5	whole
Mushrooms, Portabella, sliced	1	cup

After completing your food diary please email this document to store@onelifenutritionandhealth.com for expert analysis of macronutrients (protein, carbohydrate, and fats) as well as >25 micronutrients.

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Day 1 Select day: ○ Monday ○ Tuesday ○ Wednesday ○ Thursday ○ Friday ○ Saturday ○ Sunday

Meal contents (list all the ingredients of each meal and snack)	Amount	Unit
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Day 2

Day 2 Select day: ○ Monday ○ Tuesday ○ Wednesday ○ Thursday ○ Friday ○ Saturday ○ Sunday

Meal contents (list all the ingredients of each meal and snack)	**Amount**	**Unit**
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Day 3

Day 3 Select day: ○ Monday ○ Tuesday ○ Wednesday ○ Thursday ○ Friday ○ Saturday ○ Sunday

Meal contents (list all the ingredients of each meal and snack)	**Amount**	**Unit**
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Day 4

Day 4 Select day: ○ Monday ○ Tuesday ○ Wednesday ○ Thursday ○ Friday ○ Saturday ○ Sunday

Meal contents (list all the ingredients of each meal and snack)	**Amount**	**Unit**
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Day 5

Day 5 Select day: ○ Monday ○ Tuesday ○ Wednesday ○ Thursday ○ Friday ○ Saturday ○ Sunday

Meal contents (list all the ingredients of each meal and snack)	**Amount**	**Unit**
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Day 6

Day 6 Select day: ○ Monday ○ Tuesday ○ Wednesday ○ Thursday ○ Friday ○ Saturday ○ Sunday

Meal contents (list all the ingredients of each meal and snack)	**Amount**	**Unit**
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Day 7

Day 7 Select day: ○ Monday ○ Tuesday ○ Wednesday ○ Thursday ○ Friday ○ Saturday ○ Sunday

Meal contents (list all the ingredients of each meal and snack)	**Amount**	**Unit**
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