

Paediatric Cystic Fibrosis Food diary

This food diary gives us important information about you/your child's nutritional intake and is used as part of the annual review process

Please bring this diary to annual review or email prior to annual review appointment.

Any queries please contact Gillian or Marilyn on 01865 231234

How to fill in your food diary

In order to get an accurate picture of what your child eats, we would like you to complete a food diary for 3 days. Please involve your child in completing the food diary and when appropriate encourage them to complete the diary themselves. If you prefer to send the food diary electronically, the template is available on the CF website (http://www.mychox.net/cf/food_diary.pdf)

Please record everything that your child eats and drinks. It does not matter how much or how little they eat.

Try to fill in the diary at the time that your child is eating or drinking. If you fill it out at the end of the day or the day after you will not remember everything that they have eaten!

Please tell us about:

1. The quantity of food and drink eaten -

- household measures can be used, e.g. tablespoons, teaspoons, cup
- snacks and ready meals have weights on the packets, just ensure you state how much of the packet they have eaten

2. The type of food and drink that was eaten - please give us as much information as possible including brand names e.g.

- thick sliced, wholemeal bread
- whole milk
- no added sugar squash
- full fat yogurt

Remember that if your child ate a sandwich we need to know about the type of bread, filling and spread, and if they eat the crusts.

3. The method of cooking you use, e.g. grilled, fried (in what type of oil/fat), baked, boiled, steamed, microwaved etc.

4. Please also tell us about your child's bowel habits on the day you complete the food diary. This helps us to review your child's enzyme dosing (if applicable)

When you have completed the food diary please bring it to your annual review appointment or alternatively email it prior to your appointment to:

Gillian.combe@ouh.nhs.uk and Marilyn.hagan@ouh.nhs.uk

Day 1

Meal or Snack	What I ate and drank	How many enzymes
Breakfast		
Mid - morning		
Lunch		
Mid afternoon		
Evening meal		
Snack		

Tick the boxes if you have signs of these.

- Circle the number of poos 0 1 2 3 4 5 or more
- Loose broken up poos
- Smelly poos
- Greasy oily floating poos
- Pale brown /orange yellow colour
- Tummy pains
- Big /bloated tummy

Day 2

Meal or Snack	What I ate and drank	How many enzymes
Breakfast		
Mid - morning		
Lunch		
Mid afternoon		
Evening meal		
Snack		

Tick the boxes if you have signs of these.

- Circle the number of the poos 0 1 2 3 4 5 or more
- Loose broken up poos
- Smelly poos
- Greasy oily floating poos
- Pale brown /orange yellow colour
- Big /bloated tummy
- Tummy pains

Day 3

Meal or Snack	What I ate and drank	How many enzymes
Breakfast		
Mid - morning		
Lunch		
Mid afternoon		
Evening meal		
Snack		

Tick the boxes if you have signs of these.

- Circle the number of poos 0 1 2 3 4 5 or more
- Loose broken up poos
- Smelly poos
- Greasy oily floating poos
- Pale brown /orange yellow colour
- Big /bloated tummy
- Tummy pains