









UCLP[®] Step 1 Food & Drink Diary

You may find it helpful to keep a record of everything you eat and drink for a few days to help you identify where improvements could be made and to keep a track of what you are eating. In addition to what you eat, it's important to recognise when and why you eat. It is easy to eat when feeling bored, sad, stressed or angry or avoid food until we are starving and then overeat.

Try and complete a food diary for at least three days – including one weekend day.

You can complete our diary below or you could use an electronic diary on your phone or tablet.

Please turn over to see how to get the most out of your food and drink diary.

Food / drink consumed	Before eating were you hungry?	Where & with whom?	How were you feeling?
BREAKFAST	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving		
SNACK	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving		
LUNCH	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving		
SNACK	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving		
EVENING MEAL	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving		
SNACK	<input type="checkbox"/> Not at all <input type="checkbox"/> A little <input type="checkbox"/> Yes, hungry <input type="checkbox"/> Starving		

HELPFUL TIPS on how to get the most out of your food diary

It is best to keep a diary for at least three days. One day of which should be a weekend.

Keep your diary with you at all times. Record what you have eaten or drunk immediately rather than relying on your memory at the end of the day. It's amazing how much we forget. Record everything you eat, including at home, on the go, take-out, ready meals, and eating out.

Describe the food or drink as much as possible.

- **Cooking method.** Fried, boiled, baked etc.
- **Additions** e.g. butter, spread, sauces, mayonnaise.
- **Breads and grains.** Wholemeal, white, seeded, plain/filled naan, chapatti with ghee etc. Brown or white pasta/rice.
- **Breakfast cereal.** High fibre, sugar coated, no added sugars etc. What milk do you serve with it?
- **Meat and poultry.** Type of cut and whether you serve it with or without visible fat or skin.
- **Pasta dish.** Type of sauce and fillings. Wholemeal or white pasta.
- **Biscuits, confectionary, cakes, buns.** Fillings and toppings e.g. caramel, chocolate, cream, fruit, specific brand e.g. Digestives, Oreos, Mars, Yorkie.
- **Savoury snacks.** Crisps – baked, salted etc. Popcorn – toffee, sugar or salt coated. Nuts – salted, honey coated etc.
- **Sandwiches/wraps/salads.** Describe the fillings/ingredients as much as possible including dressings and toppings.
- **Pizzas/burgers.** What are the fillings/toppings, size, accompaniments?

- **Other take-aways.** Full details of all the ingredients and accompaniments.
- **Ready meals.** Make a note of the traffic light front of pack symbols. Best to go for green and occasionally amber, especially for saturated fats.
- **Drinks:** with or without milk and type of milk used, with or without sugar, honey, syrup etc. Alcoholic drinks: double measures, pint or half pint, wine glass size – small, medium or large, cocktails, mixers.

Portions/quantities. Don't weigh or measure food or drink, but make an estimate of the size or use the portion size on the label e.g. large can or small can, 250ml bottle cola, meal for one, number of spoonfuls, spoon size – teaspoons, tablespoons or dessert, number of items, small/medium/large bowl of cereal, 2 chocolate digestive biscuits, large bar of chocolate, large chips, quarter pounder etc.

Write everything down, however small e.g. one fruit pastille or a small glass of juice. Include all hot drinks consumed during the day, particularly if sugar and milk is added.

Where and with whom do you eat e.g. with friends at a restaurant, with family at home or alone watching TV. This may help identify when you tend to overeat or eat less healthy foods.

How were you feeling? Were you happy, content, sad, or bored? Our mood can influence how and what we eat.

Reviewing your diary

Were there times you ate when not hungry? What was your mood like, who were you with, where were you? Is there a pattern? Can you think of something else to do to stop yourself eating when not hungry in those situations?

Review the detail of the food and drinks

Are you eating and drinking enough of the UCLP® heart healthy foods and drinks e.g. fruit and vegetables, beans and pulses including soya, wholegrains, oats, nuts and seeds, oil-rich fish, sugar free drinks?

Do you need to reduce your intake of foods not so good for the heart? Too many take-aways, too much fatty or processed meat. Too many fatty, sugary and salty snacks such as chocolates, crisps, Indian sweets, pastries, rich biscuits, etc.

Can you adapt any of your current eating habits e.g. rather than white pasta with a cream and cheese sauce, switch to wholegrain pasta with a tomato and chicken sauce. Can you add a serving of salad with a couple of vegetables to your evening meals? Can you switch to plain biscuits rather than chocolate biscuits etc.?

Remember the key to the UCLP® is to focus on tackling just one or two dietary change/s at any one time and gradually, over months. aim to make all necessary improvements.

It's best to start with improving the balance of heart healthy fats in your diet.