

FOOD AND ACTIVITY DIARY



TYPE 2 DIABETES
KNOW YOUR



Filling in a food diary is a great way of looking at everything you eat and drink, and how much activity you do during a week. Your diary will help you take a closer look at what you already do and where you can make changes for a healthier lifestyle.

RECORD WHAT YOU EAT, DRINK AND DO

- 1 Note down everything you eat and drink, including milk and sugar in drinks, dressings and sauces on salads, spread on sandwiches and oil in cooking.
- 2 Write down the portions of each food eg two slices of toast.
- 3 Keep a note of the time you ate, so that you can spot patterns more easily at the end of the week.
- 4 Write down any activity you did and for how long. Even walking to the shop counts!

LOOK AT WHAT YOU EAT, DRINK AND DO

After a week of filling in the food diary, stop and take a real look at what you have written.

- Are there any patterns? For example, eating an unhealthy snack before bed.
- What are your portion sizes like?
- How much activity are you doing?
- Are you eating regular meals?
- Are you getting the right balance of the five food groups?

CHANGE WHAT YOU EAT, DRINK AND DO

Swap food from the 'high in fat and sugar' group with food from the 'fruit and vegetable' group, eg two chocolate biscuits for a banana. It saves about 70 calories.

Fill your plate with loads of vegetables and cut down the portions of other food groups.

Increase your activity level by getting off the bus a stop earlier. When you're comfortable get off two stops earlier, then three, then four...

Plan what you are going to eat for breakfast, lunch, dinner and snacks. This will also help make sure you only buy what you need from the supermarket rather than being tempted by what is on offer.

For more information about diabetes or your risk go to our website www.diabetes.org.uk

For further tips on how to eat well and become more active, go to the Change for life website www.nhs.uk/change4life

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Day	Time eg 8am	What did I eat and drink? 1 cup of tea with semi-skimmed milk 2 slices of wholemeal toast with butter & jam 1 chocolate biscuit	Activity 10 minute walk to the bus stop on my way to work	What could I change? Swap the butter for low-fat spread and the chocolate biscuit for an orange
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				