

Department of Clinical Nutrition

2/2026

Personal information

Name: _____

Address: _____

Birthday: _____

Instructions

Keep a three-day food diary that includes two weekdays and one weekend day. Record each meal right after eating, and include everything you consume: drinks, snacks, and any vitamin or mineral supplements. Start each day on a separate page.

Write down the time and place of each meal, along with the exact names or brand names of all foods and beverages. Note how the food was prepared and, if needed, include the recipe. Estimate portion sizes using household measures (dl, pieces, tbsp, tsp), grams, and package labels to guide you.

You can also complete the food diary in the OmaEP service, where it will be visible electronically to your healthcare professional. If you use a printed diary, bring it with you to your appointment or mail it 1–2 weeks before your meeting with the dietitian.

Mail the children's food diary to:
Seinäjoen keskussairaala
Lastenneurologian yksikkö, C1- osa
Ravitsemusterapeutti
Hanneksenrinne 7
60220 Seinäjoki

Mail the adult's food diary to:
Seinäjoen keskussairaala
Ravitsemusterapiayksikkö /
E - osa, 3. kerros
Hanneksenrinne 7
60220 Seinäjoki

Example

 Date: 27.1.2023

 Weekday: Friday

Time	Place	Foods and ingredients	Amount
11.00	School	Mashed potatoes (potato, semi-skimmed milk, butter)	1,5 dl
		Salad (white cabbage, pineapple, cottage cheese)	2 tbsp
		Minced meat sauce	1 dl
		500 g minced beef (7 % fat)	
		1 onion, 2 garlic cloves, 1 tsp salt	
		2 dl water, for cooking 1 tbsp canola	
		Semi-skimmed milk	2 dl
		Rye-mixed bread	1 slice (30 g)
		Margarine, 60 % fat, normal salt	5 g

