



DIET DIARY



Beijing Chao-Yang Hospital

Capital Medical University

INTRODUCTION

The accelerated speed of aging and the heterogeneity of elderly have led to an increasing focus on the frailty. And, frailty is consistently believed to be associated with hospitalization, mortality, and other poor outcomes. In most of frail patients, nutrition worsened and nutritional requirements are altered. So, nutrition support and rational diet are very important for frail patients.

This diet diary is a simple but helpful manual which can help you manage your diet. You can record your daily diet and gain a straightforward impression of how calories and proteins you get in your day. In the last part of the handbook, we provide an appendix for calories and proteins of common foods for reference.

The way of using the booklet is easy, which only needs you to put down the date and the food you eat on that day, including the name and amount, and then calculate the total calories and proteins intakes for the day according to the appendix.

If you have any problem in the process of using, please contact the number 010-85231436.

Qian-Mei Sun
Department of Internal Medicine,
Beijing Chao-Yang Hospital,
Capital Medical University, Beijing, China
September, 2017

NAME _____

DATE _____

	Foods	Amount (g)	Edible part (g)	Calories (kcal)	Proteins (g)
Breakfast					
Additional intake 1					
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APPENDIX

Food name	Amount (g)	Edible part (g)	Calories (kcal)	Proteins (g)	Fat (g)	Dietary fiber (g)	Carbohydrate (g)
Rice	100	100	345	7.7	0.6	0.6	77.4
Glutinous rice	100	100	344	7.9	0.8	0.7	76.7
Wheat	100	100	339	11.9	-	10.8	75.2
Wheatmeal	100	100	349	11.2	1.5	2.1	73.6
Noodles	100	100	348	10.1	0.7	1.6	76.0
Buckwheat	100	100	337	9.3	2.3	6.5	73.0
Barley	100	100	327	10.2	1.4	9.9	73.3
Millet	100	100	361	9.0	3.1	1.6	75.1
Corn	100	100	348	8.7	3.8	6.4	73.0
Corn meal	100	100	352	8.1	3.3	5.6	75.2
Oats	100	100	367	15.0	6.7	5.3	61.6
Instant noodles	100	100	472	9.5	21.1	0.7	60.9
Bread	100	100	313	8.3	5.1	0.5	58.6
Sweet potato	100	100	61	0.7	0.2	0.6	15.3
Potato	100	100	81	2.6	0.2	1.1	17.8
Stuffed bun	100	100	227	7.3	10.0	1.70	30.3
Dumplings	100	100	218	7.5	10.8	3.2	26.0
Rice cake	100	100	156	3.3	0.6	0.8	34.7
Fried rice	100	100	188	5.0	5.6	2.0	31.7
Milk	100	100	54	3.0	3.2	-	3.4
Yogurt	100	100	72	2.5	2.7	-	9.3
Sandwich	100	100	244	14.2	10.6	1.0	22.9
Milk powder	100	100	478	20.1	21.2	-	51.7
Cheese	100	100	328	25.7	23.5	-	3.5
Cabbage	100	82	26	2.1	0.2	1.2	4.6
Chinese cabbage	100	83	17	1.4	0.1	0.9	3.0
Green vegetables	100	87	25	1.8	0.5	1.1	3.8
Celery	100	66	17	0.8	0.1	1.4	3.9
Leek	100	90	29	2.4	0.4	1.4	4.6
Asparagus	100	90	22	1.4	0.1	1.9	4.9



Food name	Amount (g)	Edible part (g)	Calories (kcal)	Proteins (g)	Fat (g)	Dietary fiber (g)	Carbohydrate (g)
Lettuce	100	62	15	1.0	0.1	0.6	2.8
Garlic	100	85	128	4.5	0.2	1.1	27.6
Water bamboo	100	76	26	1.2	0.2	1.9	5.9
Carrot	100	96	39	1.0	0.2	1.1	8.8
Water chestnut	100	78	61	1.2	0.2	1.1	14.2
Ginger	100	95	46	1.3	0.6	2.7	10.3
Radish	100	95	23	0.9	0.1	1.0	5.0
Potato	100	94	77	2.0	0.2	0.7	17.2
Lotus root	100	88	73	1.9	0.2	1.2	1.0
Apple	100	76	54	0.2	0.2	1.2	13.5
Grapes	100	86	44	0.5	0.2	0.4	10.3
Banana	100	59	93	1.4	0.2	1.2	22.0
Strawberry	100	97	32	1.0	0.2	1.1	7.1
Longan	100	50	71	1.2	0.1	0.4	16.6
Crabapple	100	100	251	4.3	2.2	49.7	78.4
Pear	100	82	45	0.2	0.2	1.1	11.1
Loquat	100	62	41	0.8	0.2	0.8	9.3
Pineapple	100	68	44	0.5	0.1	1.3	10.8
Fresh jujube	100	87	125	0.3	1.1	1.9	30.5
Persimmon	100	87	74	0.4	0.1	1.4	18.5
Peach	100	86	51	0.9	0.1	1.3	12.2
Apricot	100	91	38	0.9	0.1	1.3	9.1
Orange	100	76	45	0.8	0.4	1.4	10.3
Pork (thin)	100	100	143	20.3	6.2	-	1.5
Lamb (thin)	100	90	118	20.5	3.9	-	0.2
Beef (thin)	100	100	106	20.2	2.3	-	1.2
Spiced beef	100	100	246	31.4	11.9	-	3.2
Chicken	100	66	167	19.3	9.4	-	1.3
Goose	100	63	251	17.9	19.9	-	-
Pigeon	100	42	201	16.5	14.2	-	1.7
Duck	100	68	240	15.5	19.7	-	0.2
Roast Duck	100	80	436	16.6	38.4	-	6.0
Pseudosciaena crocea	100	66	97	17.7	2.5	-	0.8
Little croaker	100	63	99	17.9	3.0	-	0.1
Hairtail	100	76	127	17.7	4.9	-	3.1
Chub	100	61	104	17.8	3.6	-	-
Carp	100	54	109	17.6	4.1	-	0.5

Food name	Amount (g)	Edible part (g)	Calories (kcal)	Proteins (g)	Fat (g)	Dietary fiber (g)	Carbohydrate (g)
Eel	100	67	89	18.0	1.4	-	1.2
Grass carp	100	58	113	16.6	5.2	-	-
Loach	100	60	96	17.9	2.0	-	1.7
Cuttlefish	100	69	83	15.2	0.9	-	3.4
Prawn	100	61	93	18.6	0.8	-	2.8
Shrimp	100	86	87	16.4	2.4	-	-
Crab	100	42	103	17.5	2.6	-	2.3
Egg	100	88	156	12.8	11.1	-	1.3
Duck's egg	100	87	180	12.6	13.0	-	3.1
Goose's egg	100	87	196	11.1	15.6	-	2.8
Quail egg	100	86	160	12.8	11.1	-	2.1
Juglans regia	100	43	646	14.9	58.8	9.5	19.1
Peanut	100	100	574	24.8	44.3	5.5	21.7
Lotus seed	100	100	350	17.2	2.0	3.0	67.2
Pecan	100	24	616	18.0	50.4	7.4	26.2
Water melonseed	100	43	582	32.7	44.8	4.5	14.2

Reference:

1. Lan-Fang Ji, etal. Nutrition and Diet [M]. 3rd. Beijing: People's Medical Publishing House (PMPH), 2014.
2. Guang-Yu Jiao, etal. Clinical Nutriology[M]. 3rd. Beijing: People's Medical Publishing House (PMPH), 2010.

