

**Additional file 2: Sample of reference method (diaries/estimated food records).**

**SoTAMAD**

**Takeaway  
Meals and Drinks Diary**



HOW TO KEEP YOUR FOOD AND DRINK DIARY

**WHEN TO RECORD**

Over the next seven days, please record **ALL takeaway meals and takeaway drinks** you consume each day FROM THE TIME YOU WAKE UP UNTIL THE TIME YOU GO TO SLEEP.

We are interested in what your normal eating habits are like (not what you think they should be!). So please eat and drink normally, as if no record was being kept.

The diary needs to be kept for **seven days consecutively**.

**HOW TO RECORD**

Enter the date and the day of the week on every page.

WRITE ONLY ONE FOOD/DRINK PER LINE.

When you're away from home, **you must take your diary with you**, so that you are able to **record what you ate/drank at the time of consumption**.

**WHAT TO RECORD**

**Takeaway meals**

For the purpose of this study, please consider takeaway meals to include:

- Any meal prepared outside the home that, when bought, is ready-to-eat as a meal. These meals may be eaten at home or outside the home in public areas (such as a fast food restaurant, food court, canteen or cafeteria) but *not* in a dine-in restaurant, pub, bar or café.
- Takeaway meals from fast food chains (e.g. pizza, burgers, fried or roast chicken e.g. Chicken nuggets/wings)
- Takeaway meals from restaurants or other takeaway outlets (e.g. Chinese, Indian, Thai, pizza, pasta meals, kebabs, battered/fried fish or other battered/fried seafood, such as fish and chips)
- Cold takeaway meals (e.g. sandwiches, wraps, rolls, sushi, salads)
- Other takeaway options that are eaten as a meal (e.g. meat pies, sausage rolls, bacon and egg roll, hot dogs, savoury pasties, French fries/hot chips, potato wedges)
- Both 'healthy' and 'unhealthy' takeaway meals

There may be other takeaway meals that have not been listed here. Please include these too.

**Apart from takeaway meals, you do not need to record any other foods eaten.**

## Additional file 2: Sample of reference method (diaries/estimated food records).

### WHAT TO RECORD

#### Takeaway Drinks

Include all liquids consumed (drinks) that are **purchased at the same time as takeaway meals**.

Here is a list of some examples:

- soft drinks, energy drinks, sports drinks
- fruit juices, fruit drinks, cordials
- flavoured mineral waters, vitamin waters, iced teas
- plain water, soda or tonic water
- alcoholic drinks: beer, wine, spirits, mixer drinks, alco-pops, cocktails
- coffee, tea, hot chocolate
- milk, flavoured milks
- smoothies, frappes

There may be other drinks that have not been listed here. Please include these too.

**Apart from drinks purchased at the same time as your takeaway meals, you do not need to record any other beverages you drink.**

### DETAILS TO RECORD

1. Each time you eat a takeaway meal or drink a takeaway beverage with your takeaway meal, describe the:

- TYPE of meal/beverage (e.g. Breakfast, Lunch, Dinner or 'Other - please specify')
- TIME of eating/drinking
- LOCATION of where you were eating/drinking
- WHO YOU ARE WITH while you are eating/drinking
- WHAT YOU ARE DOING while you are eating/drinking

2. Describe the type of takeaway meal or drink consumed.

**Give as much detail as possible.**

For takeaway meals include:

- Where the meal was prepared (e.g. "Subway")
- The name of the takeaway meal (e.g. "Chicken filled burger, medium meal")

A description of the meal and the ingredients including dressings (e.g. "pizza with ham, cheese, tomato, pineapple" or "pasta with a creamy sauce, mushrooms and bacon")

- Specify the cooking method (e.g. grilled, barbequed, fried, boiled, steamed, baked, battered, crumbed)
- Specify the size/amount of food items bought *and* eaten (if you didn't eat all that you bought), including the size and/or number of items eaten (e.g. "3 slices of a 12-inch pizza" or "one serve of small French fries" or "2 sausage rolls").

For drinks include:

- Where it was bought
- Brand names and type (e.g. DON'T RECORD "juice". Instead, record "Berri orange juice, 98% fruit juice")
- Specify whether it was a regular, diet, zero, no-added sugar version
- Don't forget milk and/or sugar added to coffee (and specify how much you added)
- Record the size/amount that you bought *and* drank (the amount you drank may be different to the amount that you bought). You can use mL (millilitres) or common household measures (cups, teaspoons, tablespoons)

#### Example Day

| Meal Type   | Time   | Description   |
|---|--------|---|
| <b>Day One</b> <b>Date:</b> 19/02/2012 <b>Day:</b> Monday |        |   |
| Lunch   | 1:30pm | McDonald's 1 x cheeseburger   |
|   |        | McDonald's 1 x 6-pack of chicken nuggets (fried and battered chicken)                 |
|   |        | McDonald's 1 x Coke (regular version; large size bought - but I only drank 75% of it) |

| <b>Day One continued</b>          |                   |                                 |
|-----------------------------------|-------------------|---------------------------------|
| Location                          | Who are you with? | What are you doing?             |
| In the food court near McDonald's | With friends      | Sitting socialising and talking |

