













**FOOD HISTORY**

In the **5 DAYS** before you became ill, can you tell me what you ate?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **DAY OF ONSET**  **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | **1 DAY BEFORE ONSET**  **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
| **Breakfast:**  [**Prompt**: cereal with milk, toast with butter, eggs, bacon, porridge with hot milk etc.] |  | |  | |
| If meal was eaten out, details |  | |  | |
| **Lunch**  [**Prompt:** pre made/deli sandwiches, fillings, soups, ate out, dishes etc.] |  | |  | |
| If meal was purchased/pre-made/eaten out, details: |  | |  | |
| **Dinner**  [**Prompt:** eating out, fish, meat, dessert etc.] |  | |  | |
| Please specify restaurant, or where main ingredients were bought, details |  | |  | |
| **Snacks**  Detail brand if known  [**Prompt:** biscuits, sweets, chocolate bars, ice creams etc.] | **Details** | **Time** | **Details** | **Time** |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **2 DAYS BEFORE ONSET**  **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | **3 DAYS BEFORE ONSET**  **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | **4 DAYS BEFORE ONSET**  **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
| **Breakfast:** |  | |  | |  | |
| If meal was eaten out, details |  | |  | |  | |
| **Lunch** |  | |  | |  | |
| If meal was purchased/pre-made/eaten out, details: |  | |  | |  | |
| **Dinner** |  | |  | |  | |
| Please specify restaurant, or where main ingredients were bought, details |  | |  | |  | |
| **Snacks**  Detail brand if known | **Details** | **Time** | **Details** | **Time** | **Details** | **Time** |



**SPECIFIC FOODS**

In the 10 days before onset of your symptoms, did you eat any of the following:

|  |  |  |
| --- | --- | --- |
| **Food Item** | **Consumed (Y/N/UNK)** | **Details of product, and where consumed/purchased or brand** |
| Pork? |  |  |
| Beef? |  |  |
| Lamb? |  |  |
| Poultry meat? |  |  |
| Cooked meats, e.g. ham, sliced turkey, etc? |  |  |
| Prepared sandwiches (ready-made or made-to-order)? |  |  |
| Desserts/bakery products? |  |  |
| Eggs/egg products, e.g. quiche, mayonnaise? |  |  |
| Seafood (including shellfish)? |  |  |
| Unpasteurised dairy products, e.g. raw milk, unpasteurised cheese? |  |  |
| Prepared salads (including at home), e.g. coleslaw, bagged salad leaves, salad bar items, sprouted seeds, etc.? |  |  |
| Buffet meals? |  |  |
| Fruits, berries or juices? |  |  |

