

Fineli Food Diary Instructions

Fineli is the National Food Composition Database in Finland. It is maintained by the National Institute for Health and Welfare.

To ensure a healthy diet, one way is to keep a food diary and analyze it. You can see if you have a sufficiently varied diet and are getting enough energy, and whether there may be a need to slightly adjust your weightings or resort to some vitamin or mineral supplementation. It is a good idea to keep a food diary for at least 3-4 days, with at least one day on the weekend. This way the analysis is more comprehensive and tells about the real situation more accurately.

Please be honest with yourself, eat according to your normal diet, and record everything you put in your mouth during these days!

You may use Fineli food diary for free also in English:

<https://fineli.fi/fineli/en/ruokapaivakirja>

Create an account

I recommend starting by creating an account for yourself. This will ensure that you can return to the information you saved and / or continue to keep a food diary if you wish.

The account is created in the upper right corner by pressing Create account:

SuomeksiPå svenskaIn English

Log in / Create account

Fineli

Food diaryMy list (0)Compare food items (0)

Finnish institute for health and welfare

MenuDownload data

Food diary

Enter background information for evaluation with recommendations
Enter information needed for evaluation

My foods

<17.05.2021>

Daily viewWeekly view

energy,calculatedprotein, total

Daily intakeDaily intake

Monday 17.05.2021

Add name of the meal

Add food item:
Search



Your email address works as your ID going forward:

Create account

Create a password with at least ten (10) characters by using mixed-case letters, numbers and symbols.

E-mail address

Password

Confirm
password



I'm not a robot



reCAPTCHA
Privacy - Terms

Create account

Enter background information

Enter background information for evaluation with recommendations:

 Enter background information for evaluation with recommendations

Enter information needed for evaluation

Enter background information



Sex ☒ Female ☐ Male

Age (in years)

48

Special group

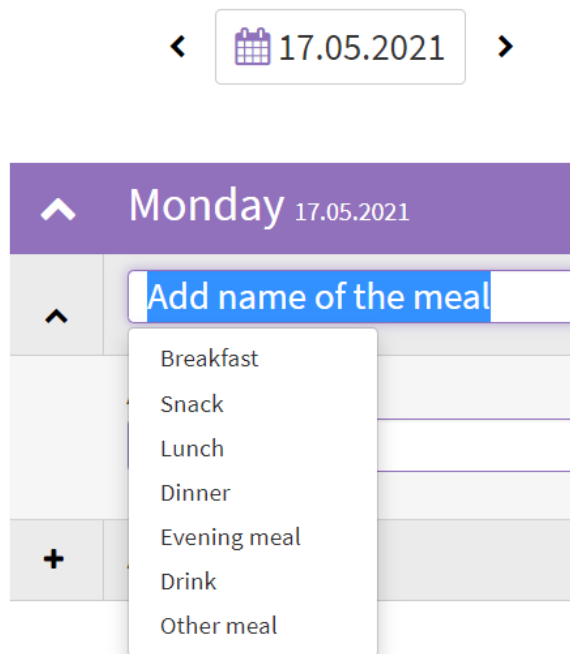
☐ Pregnant ☐ Lactating

Add to the food diary

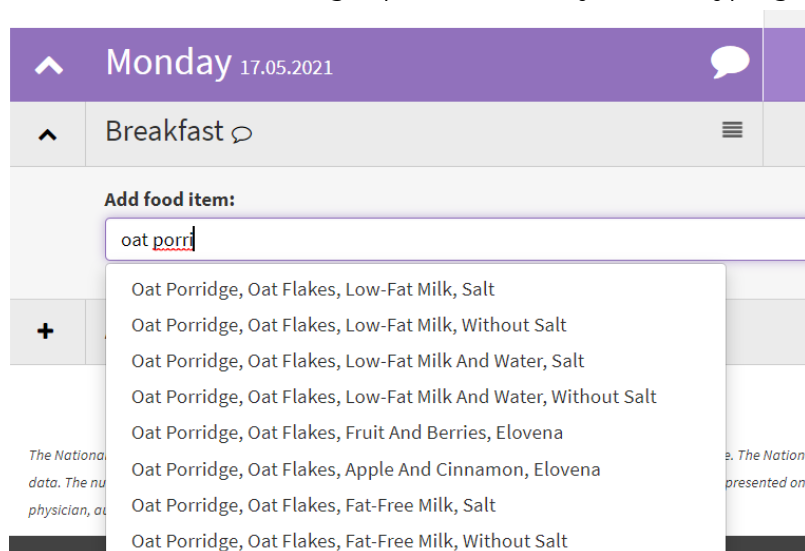


Start using your food diary

First, select the day on which you're using the food diary. Then choose for which meal you are filling in the content:



Then choose one ingredient at a time for all the ingredients you have eaten with that meal. You can find the right product when you start typing a name on the line:



Next, complete your best estimate of the amount you eat and finally press the Add to food diary button:

The screenshot shows a mobile app interface for a food diary. At the top, a purple header bar displays 'Monday 17.05.2021' with an upward arrow on the left and a speech bubble icon on the right. Below the header, a grey bar shows 'Breakfast' with an upward arrow on the left and a menu icon on the right. The main form area has a light grey background. It contains three sections: 'Add food item:' with a text input field containing 'Oat Porridge, Oat Flakes, Water, Without Salt'; 'Portion' with a text input field containing '1'; and 'Unit' with a list of radio button options: 'dl', 'tablespoon', 'teaspoon', 'small portion', 'medium-sized portion' (which is selected), 'big portion', and 'g'. At the bottom of the form is a purple button labeled 'Add to the food diary'.

In the same way, add all the parts of your meal. Don't forget the drinks.

Things are quickly forgotten, so I also recommend supplementing your own thoughts and observations about the meal by pressing the speech bubble that appears next to the meal:

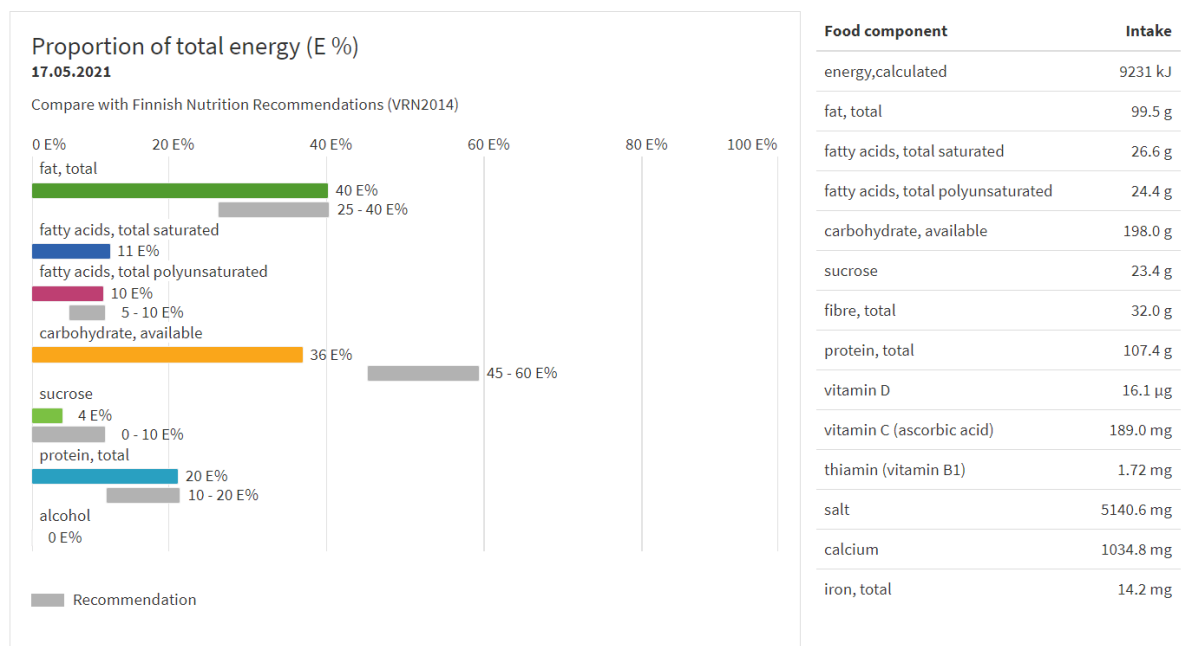
This screenshot shows the same 'Add food item' form as before, but with an additional text input field for notes. The note field is a white box with a purple border and a purple speech bubble icon in its top right corner, positioned over the 'Portion' and 'Unit' sections. The 'Add to the food diary' button remains at the bottom.

Complement all your meals and drinks of the day in the same way. At the same time, you can see which elements make up your daily energy. The three main meals - breakfast, lunch, and dinner - should be balanced in terms of calories as well. If necessary, also add snacks for yourself to support a regular eating pattern so you can cope well throughout the day and also ensure a good night's sleep. The total amount of energy you need depends significantly on your composition and activity:



< 17.05.2021 > Daily view Weekly view		energy,calculated ▾	protein, total ▾
		9231 kJ (2205 kcal)	107.4 g
^ Monday 17.05.2021 (2572g)		9231 kJ (2205 kcal)	107.4 g
✓	Breakfast (994g) ☾	2559 kJ (611 kcal)	21.9 g ✕
✓	Lunch (270g) ☾	2262 kJ (540 kcal)	31.4 g ✕
✓	Dinner (379g) ☾	2451 kJ (586 kcal)	35.8 g ✕
✓	Evening meal (804g) ☾	1501 kJ (359 kcal)	16.8 g ✕
✓	Snack (125g) ☾	458 kJ (109 kcal)	1.5 g ✕

After completing all the information, you will see a summary of your day's diet compared to the Finnish nutrition recommendations:



The gray bar indicates the level of recommendation = how much of each element your energy intake should consist of

- Good fats are a very important part of your daily diet and 25-40% of your daily energy should be made up of fats. However, pay special attention to the quality of the fat and avoid the so-called hard fats = saturated fats and try to replace them with polyunsaturated fats.
- 10 to 20% of protein is sufficient. However, a slightly higher portion is not harmful and can support e.g. weight management.
- Carbohydrates are our main fuel and a very important part of our daily energy intake. The recommendation is 45-60% of total energy intake.

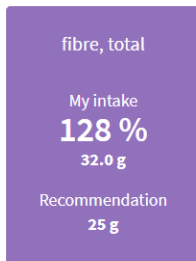


- Our exemplary person could increase the portion of carbohydrates by lowering the portion of saturated fats.

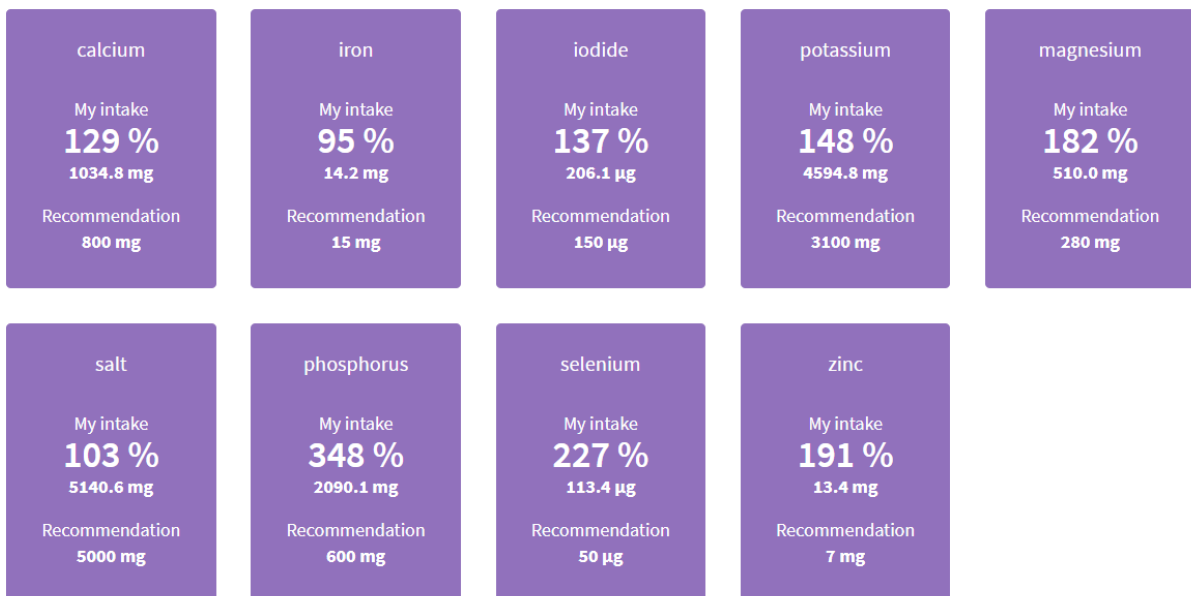
Other health-relevant elements have also been included in the summary:

Compare with Finnish Nutrition Recommendations (VRN2014)

^ Carbohydrate Components



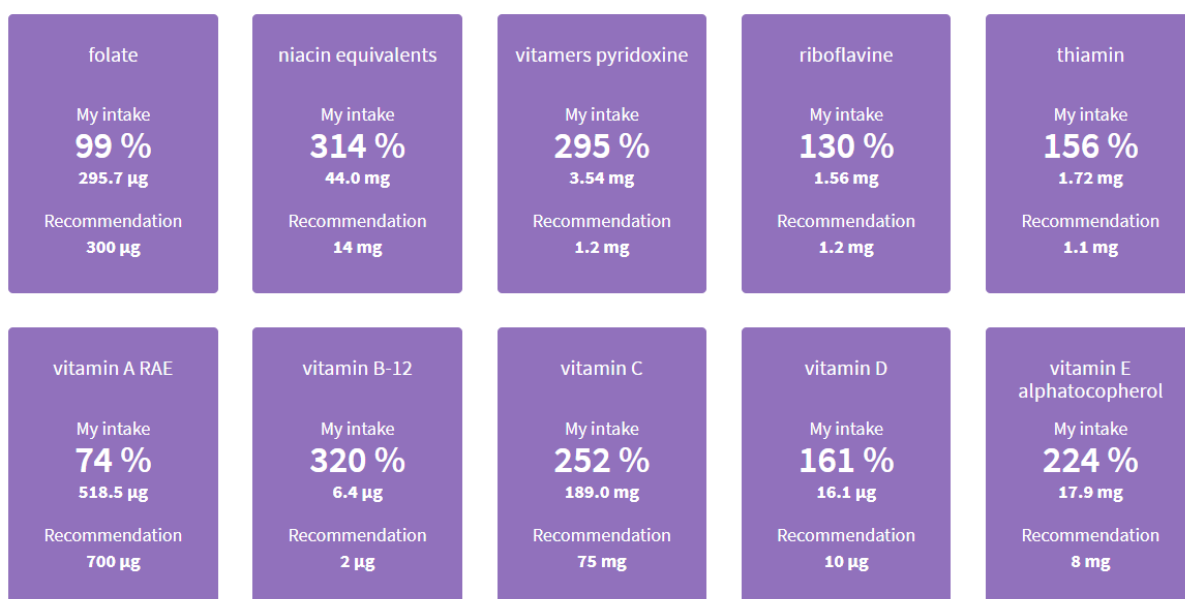
^ Minerals



Remember that calcium intake is also significantly affected by vitamin D intake. Vitamin D supplementation is a very important element in the daily routine during the darker months in Nordic countries - lots of vitamin D can be obtained from the diet, for example by eating fish.



^ Vitamins



For more information on the elements, press on each element. You will also find excellent tips on foods with which you can, for example, increase the intake of a specific vitamin in your diet.

Food component: niacin equivalents, total

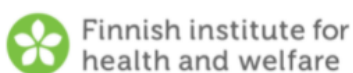
Niacin is derived as niacinamide or nicotinamide and as a precursor tryptophan in foods. Niacin equivalent is calculated by the following formula: niacin equivalent = niacin + (tryptophan/60). Best sources of niacin are whole grains, cereals and nuts.

Nutrient factor

- [Containing most](#)
- [Containing least](#)

You will also find a button at the top of the page where you can download detailed information. You can use, for example, Excel to see the exact content of each food you eat and compare it to the other meals.

 [Log out](#)



 [Download data](#)



Download food diary



Choose type of file

- ☐ Excel
- ☐ CSV
- ☐ Pdf

Choose period of time

☐ All food diaries

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Download

Interesting moments in your diet and tricks to bring new insights into everyday life!

Eating together - Finnish food recommendations for families with children can be downloaded from: <https://www.julkari.fi/handle/10024/137770>

