



## MY FOOD DIARY



Please write down everything you eat and drink for at least **3 days**. Choose 2 weekdays and 1 weekend day. Complete these forms and bring to your appointment with the dietitian. This will help you and the dietitian learn about your eating habits.

### **HOW TO WRITE A FOOD DIARY:**

1. Do not change your eating habits! Eat the type of food and amount of food that you **normally** have.
2. Write down...
  - The **type** of food and/or drink.
  - The **amount** you eat (you do not have to measure the exact amount, try and estimate how much).
  - The **time** you eat or drink.
3. Describe how the food was made (e.g. 1 egg, fried with 1 tsp canola oil).
4. Include things you add to your food and drinks (e.g. sugar, coffee cream, oil, salad dressing, gravy).
5. Remember to write down the drinks and/or desserts that you have with your meals/snacks.

**\*DEPENDING ON YOUR CIRCUMSTANCES, YOUR DIETITIAN MAY REQUEST FURTHER INFORMATION ABOUT YOUR EATING HABITS.**

\*Other Instructions:

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**TURN TO THE BACK PAGE TO SEE AN EXAMPLE OF A 1 DAY FOOD RECORD.**

**MY FOOD DIARY**

Your Name: \_\_\_\_\_

Date: \_\_\_\_\_

Meal/Snack	Time Eaten	Amount	Description of Food/Drink	*Comments: Symptoms
Meal 1				
Snack				
Meal 2				
Snack				
Meal 3				
Snack				