



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:

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

EXAMPLE FOOD DIARY

This is an example of **how to write a food diary, **not** an example of what we “**should**” eat.**

Your Name: John Doe

Date: Monday, April 6, 2014

Meal/Snack	Time Eaten	Amount	Description of Food/Drink	*Comments: Symptoms
Meal 1	7:00a.m.	1 ½ cups 1 cup 1 1 cup	Oatmeal Milk (2% M.F.) Banana Coffee with 1 tsp. sugar and 2 tsp. cream (10% M.F.)	Felt fine
Snack	10:00a.m.	20-25 ½ cup	Grapes Almonds	Felt fine
Meal 2	12:00p.m.	1 1 can 1	Sandwich <ul style="list-style-type: none">• 2 slices white bread, with 2 tsp. margarine, 1 tsp. mayonnaise• 2 slices turkey• 1 slice Swiss cheese Coke Apple	Some bloating after drinking Coke
Snack	3:00p.m.	1 3	Coffee with 1 tsp. sugar and 2 tsp. cream (10% M.F.) Chocolate chip cookies	Bloating
Meal 3	7:00p.m.	1 cup 1 cup 1 cup 1 glass	Pasta Tomato sauce, with lean ground beef Tossed salad, with 2 Tbsp. ranch dressing White wine	Diarrhea and felt dizzy
Snack	9:00p.m.	2 cups	Extra buttery, microwave popcorn	Nothing