

## **3 Day Diet Diary**

### **Instructions for Completing the Diet Diary**

A diet diary is a record of your food and beverage intake. Maintaining an accurate diary is a very important part of your care. Please complete this Diet Diary for three consecutive days with one day being a weekend day.

- Record information as soon as possible after the food has been consumed.
- Do not change your eating behavior at this time unless advised by a health practitioner. The purpose of this food record is to analyze your current eating habits.
- Describe the food or beverage consumed. e.g., milk - what kind? (soy, almond, whole, 2%, or nonfat, etc.); toast - (whole wheat, white, buttered); chicken - (fried, baked, breaded), etc.
- Record the amount of each food consumed using standard measurements as much as possible, such as 8 ounces, 1/2 cup, 1 teaspoon, etc.
- Include any added items. For example: tea with 1 teaspoon sugar, potato with 2 teaspoons butter, etc.
- Please record all beverages and their amounts, including water. List them in the “Beverage” category.
- Record any exercise you get each day, including the type of activity and its duration
- Please record all bowel movements and their consistency (regular, loose, firm, etc.).
- Note any changes in your symptoms throughout the three day period in the “Symptoms” area of the diary.

