

DIET RECORD

- Please fill in this diet record as accurately as possible. Estimate amounts and don't forget to include all beverages. This is not a "test", it is a tool. The purpose of the diet record is to get a picture of your diet over the course of a week, including weekends. Please bring the completed record with you to your appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
LUNCH						
DINNER						
SNACK						
COMMENTS						

- Use the comment space as a symptom record. Alternatively, you can use 2 different colored pens throughout the record to correlate symptoms with time of day or foods eaten.