

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.