

Daily Diet Diary for

Please note: To make the experience of recording in a diet diary as easy for you and as helpful to both of us, please record *everything* you eat or drink (water, alcohol, candy, gum, etc.) without judging yourself. We are not trying to judge if you “cheat” on a diet or eat junk food; instead, we are trying to document what you eat or drink, when, where, and why, and how you feel at those times in order to evaluate how foods make you feel, how foods affect your bowel movements, and of which nutrients you may be lacking. Please refer to the examples that have been filled in. Here are some equivalents to help you envision amounts: 1 oz. cheese = 1 cubic inch; 3 oz. of meat or fish = deck of playing cards; ½ cup of pasta, vegetables, beans or potatoes or a medium piece of fruit = 1 tennis ball; a medium potato = computer mouse; 1 tsp = tip of thumb to first joint; a gulp from a water fountain = 2 oz. If you routinely take pills or supplements, please list them in detail for the first day and thereafter you may write only “morning pills”, “evening medicine”, etc.

EXAMPLE:

DATE: January 15, 2007

<u>Time</u>	<u>Place</u>	<u>Specific Food or Drink & How Cooked</u>	<u>Quantity</u>	<u>Energy Level, Mood/Stress</u>	<u>Bowel Movements</u>
6:30 am	Home	Bowl of Special K w/ 1 cup 2% milk	1-1/2 cups	Tired	
12:00 noon	McD's	McDonald's quarter pounder with cheese	1	Starving	
		Large Fries, Large Coke	1 each		
2:15 pm	Work	water fountain drink	3 big gulps=6 oz.	good; bloated from lunch	
3:20 pm	Car	Quick Stop coffee	6 oz.	tired; frustrated	
4:00 pm		8 oz water			5" long, like toothpaste
6:10 pm	Home	Italy's Frozen Meat Lasagne – oven baked	2" x 3"; 4 oz.	low; starving	
		Romaine lettuce salad	2 cups		
		Lucy's Zesty Italian salad dressing	2T		
		red burgundy wine	6 oz.	full; happy; relaxed	
9:00 pm		Good Health multivitamin	2		
		water	8 oz.		explosive

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