

The Mind-Body Clinic
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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? (e.g., soy, almond, or whole, 2%, or nonfat, cow's milk); toast - (whole wheat, white, buttered); chicken - (fried, baked, breaded), etc.. Note if produce is non-organic or GMO, meat is grain-fed, or fish is farmed.
- 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 symptoms and the time of occurrence throughout the three day period in the "Symptoms" area of the diary.

Diet Diary

Name _____

Date _____

Time	Food	Amount
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Time	Beverage	Amount
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Exercise:
 Time spent Type (e.g. walking, biking, weights)

Bowel Movements:
 Time Consistency

Symptoms:
 Time Describe (e.g. anxiety, lethargy, headache)

