



INSTRUCTIONS for the DIET DIARY

1. It is important to make an entry each time you eat or drink anything. This includes food, beverages (except water), medications, supplements, snacks, etc. The best way to do it accurately is to write it down soon after eating or feeling it. Waiting till later may cause you to forget the details.
2. It is also important to record any symptoms that you notice. They can include physical aches, twinges, congestion, sneezing, dizziness; they can also include mental fogginess, sleepiness, depression, “blues”, anxiety, sleeplessness, jumpiness. If they do not occur at the time that you are eating, then list them as a separate entry. Describe symptoms in column one, three, or four.
3. If there is not enough room to fit the information in one box, extend into the box in the next line also.
4. In column two, enter the item(s) eaten. If it is a mixture of foods, as a casserole, enter the amount of the helping and then list the ingredients.
5. Columns three and four can include how you felt as you were eating, or feelings or unusual thoughts you had at a time other than when you ate. Effects may take some minutes or many hours to become evident.
6. Be as HONEST and accurate as you can. You may feel badly about what or when or how much you ate. Leaving things out will only cover up information that may be very helpful on your road of healing and recovery.
7. View the process as an important part of your health evaluation!