

My Food Diary.

Name _____

IMPORTANT, keep to your normal diet to get best results, but of course leaving out foods that cause a problem.

Tell the Truth. This is for you, you will gain no help from it if you leave things off. Eg that piece of chocolate with coffee

Write down everything, be as specific as possible about the food groups, and volumes eg fries with a meal,

It is not the end of the world if you miss something, eg when eating out.

But next day you have a problem you need to know what you ate.

Meal	Date	Time	Food Groups	Fibre Rating	Problems/feelings
Brekky	10-10	8:00	Cereal ~ 1 cup (muesli brand “good stuff”), 1 x white toast with strawberry jam	high	OK
			Coffee 1 cup, orange juice 1 glass		
Break		10:30	Water, tea 1 cup. Whole meal biscuit.	good	OK
lunch		12:30	1 round salad sandwich, white bread, lettuce, ham, tomato, carrot, cucumber	good	OK
break		3:30	2 cups coffee	low	OK
Dinner		7:00	Small steak, mash potato, peas, carrots, cauliflower, broccoli	good/low	Some discomfort
			Ice cream	low	