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, 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

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