

Instructions for Keeping a Two-Week Diet Diary

On this diet diary you are to keep a total and accurate accounting of everything eaten for a two-week period.

Besides foods eaten, include chewing gum, cough drops, certs and so forth. Also include all drinks (coffee, tea, soft drinks, etc.).

Do not forget snacks between meals, before bedtime and sips of juices, crackers or “nibbles” between meals. After the space for each meal you will find an area that asks for symptoms or medication. Please record in this area any symptoms occurring between meals. In other words, if symptoms occurred at 10:00 a.m., please write those symptoms after the breakfast meal. Symptoms occurring at 3:00 in the afternoon would be recorded after the lunch meal.

Please use the back of the diet diary page to write any additional information which might be helpful to us in determining your total food intake.

IMPORTANT: As you record this diet diary, please be aware of amounts of foods eaten. If a normal ordinary serving is used, then you may simply write the name of the food eaten. However, if more than 1 serving is used, please include how much of that food is consumed. (For example: coffee – 4 cups; milk – 2 glasses)

Do not forget to record medications. Routine medications that have been prescribed by the doctors, may be recorded only once at the beginning of the week. However, if a medication is taken for a specific symptom, please record that medication. (Aspirin for headaches, Maalox for stomachache, etc.) It is very important in this two-week diary that you do not change your diet except for the instructions we might have given you at the beginning of the diet. (For example, if you have been drinking six cups of coffee per day, continue that six cups of coffee until the two-week diet diary is finished.)

In other words, we need a fairly accurate picture of what you have been consuming in your diet constantly for the last year or so.

If you have finished this two-week diet diary and are not scheduled to come into our office within the next week or so, please send to us by mail. That way we will have an opportunity to review this diary along with your chart before you come in for your next visit.