

Food Diary

DATE: Enter the date of all diary entries.

TIME: As accurately as possible record the time of each meal/snack etc.

FOODS EATEN: Include all foods, fluids, vitamins and medications. Endeavour to record the amount of food you ate as well. This may be as a measurement (ml, L, C, handful, gram etc.) or in terms of numbers (2x apples, 1 biscuit etc.).

It may also be helpful to use brand names where possible. (ie. Hubbard's muesli bar).

Finally, write in the contents/ingredients of foods where appropriate and possible. (ie. vege soup = carrot, kale, kumara, onion and garlic soup)

FEELINGS: Your food choices may be affected by your emotions and vice versa, therefore it is a good idea to take note of your emotions, energy and stress levels. Typical entries may include: "sad, depressed, ecstatic, tired, energy levels, irritable, argument with partner/children" etc. Where possible try to correlate these entries as closely as possible to any timed food diary entries.

PHYSICAL: Make any notes of any physical issues you may be experiencing. For instance, if you are premenstrual, have your period, have a cold, sore throat or are muscle pain/tenderness.

BOWEL & BLADDER: Try to list your bowel movements, urine voids, flatulence, stomach discomfort, bloating etc. Again try to correlate these to any timed food diary entries. Note any changes or abnormalities in bowel and urine habits, such as constipation, diarrhoea, colour of stools, excessive urination, dark coloured urination etc.

ACTIVITIES: Make a general note of any physical activity you undertake. Such as, gardening, walking, exercise, yoga, meditation or if you had a particularly sedentary day in the office or at home etc.

You may decide to write this in a journal format or follow the simple outline below. This may be done in either hard copy or electronic format. Also available are apps on your phone that may suit you. Choose the easiest and most convenient way for you to record this information as accurately as possible.

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