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## Diet Diary

### PURPOSE OF A DIET DIARY

The purpose of this daily record is to help you keep close watch over what you are eating, and help you to discover which, if any foods, medicines, beverages, or other substances may be causing or contributing to your symptoms. **It is very important that the information you record in this diary be as accurate and as complete as is humanly possible.** The relationship between what you choose to eat and symptoms may be very simple or very complex. For example, some foods which may be linked to allergic reactions in the body can manifest quickly (like peanuts to some people) or delayed, from hours to days (like nightshade plants). For these reasons, it is necessary to rely on your doctor to interpret the relationship of your diet to your symptoms.

### WHAT A DIET DIARY MAY HELP REVEAL

Allergies, blood sugar imbalances, eating patterns, digestive function

### DIRECTIONS FOR KEEPING YOUR DIARY

1. Write down in the diary everything that enters your mouth, including water, medicines, vitamins, snacks, alcoholic beverages, soft drinks, coffee, and so on.
2. List the contents found inside mixed dishes and foods. It is not enough to write down “ a ham sandwich”. You should also write down the kind of bread, spread, dressing (i.e., ham sandwich – whole wheat bread, butter, mustard). Whenever you make an entry in your diary, ask yourself: “Have I given myself and my doctor enough information about what is in this food?”
3. List all your symptoms, including bowel and urination patterns, and always indicate the time when the symptoms started, how long they lasted, and how bad they were.
4. Do not fill out the diary all at the end of the day or before you go to bed at night. Fill in the proper information just before or just after eating. It is a good idea to carry the diet diary with you in your pocket or purse.
5. Be sure to record how you are feeling before each meal or snack and again 30 to 60 minutes after the meal or snack.
6. If applicable, always record any time a symptom is worse or better.

