

Food Diary Instructions

The information you record in your food diary will help your practitioner identify possible triggers that may cause symptoms. Generally, food diaries should be kept for a minimum of seven days.

Time:

Write the time of day you ate the food.

Food/Drink:

In these columns, write down the type of food you ate or liquid you consumed. Be as specific as you can. Include sauces and gravies. Don't forget to write down "extras," such as salad dressing, mayonnaise, butter, sugar and ketchup. Also include any glasses of water or other drinks consumed.

Comment:

How did you feel after you ate (for example, bloated, satisfied)?

Helpful Hints:

1. Don't change your eating habits while you're keeping your food diary.
2. Tell the truth. There's nothing to be gained by trying to look good on these forms.
3. Record what you eat and drink on all days.

Some basic rules to remember:

Write down everything:

Keep your form with you all day, and write down everything you eat or drink. A piece of chocolate or a couple of biscuits may not seem much at the time but they could be significant.

Do it now:

Don't depend on your memory at the end of the day. Record your eating as you go.

Sample Food Diary

Day	Time	Food	Drink	Comment
Monday	8am	2 Weetabix with milk and teaspoonful of sugar 1 slice toast with butter and marmalade	1 cup of tea with milk	Felt satisfied at time but noticed some bloating in tummy a little later in the morning
	10am		1 cup of coffee with milk and teaspoonful of sugar	
	1pm	Ham sandwich (2 slices of bread with butter) 1 strawberry yogurt 1 Kitkat	Glass of orange juice	Felt satisfied at time but felt hungry again by 3pm
	3pm	2 digestive biscuits	Cup of tea with milk	
	5pm		Glass of water	
	6pm	Portion of grilled chicken, 3 pieces of boiled potato, portion of peas, portion of carrots and portion of broccoli with gravy. 1 Banana	Glass of red wine	Felt full but noticed some bloating after an hour
	7.30pm		Cup of tea with milk Cup of coffee with milk and one sugar	
	10pm	2 custard cream biscuits		Felt a little peckish so had a couple of biscuits