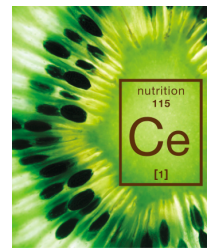


Food Diary Guidelines

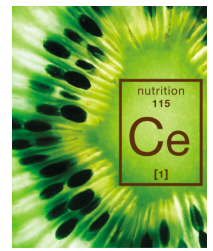
- Choose 2 week days and 1 weekend day
- Write down as much detail as possible e.g. sandwich with 2 slices of white bread, 2 teaspoons butter, 2 slices ham, 5 slices cucumber, 3 slices tomato, 1 teaspoon mayonnaise
- Include how you cooked your food e.g. grilled, fried, barbecued
- Write down brand names of products
- Include all your drinks even water
- Keep eating as you usually do – don't make any changes yet!



Name:

Date:

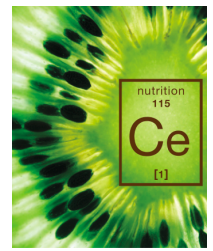
Time	Name of Food/Drink	Description/Brand/Cooking Method	Amount Cups/Spoons



Name:

Date:

Time	Name of Food/Drink	Description/Brand/Cooking Method	Amount Cups/Spoons



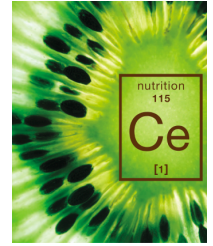
Name:

Date:

Time	Name of Food/Drink	Description/Brand/Cooking Method	Amount Cups/Spoons

Name:

Date:



SUPPLEMENTS

Please list any nutritional supplements you are currently taking e.g. vitamins, protein powders:

ALLERGIES & INTOLERANCES

Please list any food allergies or intolerances you have:

Food: Symptoms:

Please list any foods/drinks you dislike: