

FOOD DIARY:

Please bring with you to your next appointment, and record the following information.

- 1. Time food is eaten.**
- 2. Type of food or drink (example; baked chicken without skin)**
- 3. Amount of food or drink; (example 1/2 breast or 1/2 cup)**
- 4. How food was prepared (example baked with broth). Be sure to include any butter, oil, grease, or margarine that was added to the food.**
- 5. Make sure to document any adverse reactions to foods (example nauseous, vomiting, and so forth)**

