

**DIET DIARY**

The purpose of this diet diary is to provide you and your naturopathic doctor with a record of your normal eating habits. Simply eat your typical diet for 7 days in succession and record it. List all food, drink, medications, supplements, ingredients and amounts in relative terms (e.g., 1 cup of carrots). Under energy, mood, BM, indicate your energy level, any mood swings, pain, fatigue, and list frequency and description of bowel movements (e.g., normal, hard, soft).

|   | <b>Sunday</b> | <b>Monday</b> | <b>Tuesday</b> | <b>Wednesday</b> | <b>Thursday</b> | <b>Friday</b> | <b>Saturday</b> |
|---|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| <b>Breakfast</b><br>(Indicate time for each meal) |               |               |                |                  |                 |               |                 |
| <b>Lunch</b>                                      |               |               |                |                  |                 |               |                 |
| <b>Dinner</b>                                     |               |               |                |                  |                 |               |                 |
| <b>Snacks</b>                                     |               |               |                |                  |                 |               |                 |
| <b>Energy Level/Mood<br/>BM</b>                   |               |               |                |                  |                 |               |                 |