

Diet Diary Instructions

Thank you so much for calling on me to help you with your nutrition. I am excited to start working with you. The first step is for you to fill out the attached Diet Diary and Food Observations. Ideally, I would like you to write down all of your foods for 5 days. The information you give me will help to establish your food habits.

A Couple of Important Details:

Please be Honest

There is no right or wrong way to fill any of these forms. I am simply trying to gather information about you to help you.

Please Write Legibly

It is important that I am able to read your writing. Please take care when making entries.

The More Information, The Better

The more detail (meal times, portion sizes, specific types of food, names of restaurants, bottled dressing names, etc.) the better. The more detail you give me, the more detail I can give back to you.

The Bowel Info

What comes back out of the body is very telling for a nutrition therapist. The more info you can give me about your bowel movements, the better I can tell how your body is using the food you are feeding it. Please be descriptive with consistency (hard, soft), color (light brown, green, dark brown) and amount (large tubular, small pebbles).

Vocabulary

The following vocabulary may be helpful as you fill out the Emotional and Physical Response for the Diet Diary. Both of these are very important to understanding your relationship with food. What I am looking for is how you felt after eating the meal.

Emotional Response Terminology

Negative

Anxious
Scared
Mad
Sad
Depressed
Scattered
Restless
Irritable
Agitated
Hyper

Positive

Confident
Excited
Energized
Calm
Happy
Interested
Focused
Calm
Relaxed

Physical Response Terminology

Negative

Headaches
Stomach Pain
Fatigue
Insomnia
Restlessness
Shakiness
No Concentration

Positive

Alert
Hunger
Stamina
Strong Breath
High Energy
Restful Sleep
Focus

WE WILL DISCUSS ALL OF YOUR QUESTIONS DURING OUR MEETINGS!